



NC WISEWOMAN™

Resources for Physical Activity, Nutrition, Diabetes, and Tobacco

Compiled February 2009 - April 2010



Physical Activity



Nutrition



Diabetes



Tobacco

* Indicates resources available in more than one county



State of North Carolina
Department of Health and Human Services
Division of Public Health
www.ncdhhs.gov

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National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	American Cancer Society 800-ACS-2345 (800-227-2345) http://www.cancer.org http://www.cancer.org/docroot/subsite/greatamericans/ http://www.everydaychoices.org/	<ul style="list-style-type: none"> • ACS Quitline: info on tobacco quitlines • Active for Life: 10-week program for physical activity • Great American Health Challenge: interactive surveys to share with your doctor <ul style="list-style-type: none"> • Great American Eat Right Challenge • Great American Get Active Challenge • Great American Health Check Challenge • Great American Smokeout Challenge • Everyday Choices for a Healthier Life: information about healthy eating, being active, not smoking, available in English and Spanish, in partnership with American Diabetes Association and American Heart Association 	Free
	American Diabetes Association 800-DIABETES (800-342-2383) AskADA@diabetes.org http://www.diabetes.org http://www.everydaychoices.org/ http://professional.diabetes.org/ERP_List.aspx	<ul style="list-style-type: none"> • Information about Diabetes, nutrition, and physical activity • Everyday Choices for a Healthier Life: information about healthy eating, being active, not smoking, available in English and Spanish, in partnership with American Cancer Society and American Heart Association • Search for contact info for your local ADA chapter • List of ADA Recognized Education Programs 	Free






National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	American Dietetic Association 800-877-1600 http://www.eatright.org	<ul style="list-style-type: none"> • Food and Nutrition Information for healthy eating 	Free
	American Heart Association 800-AHA-USA-1 (800-242-8721) http://www.americanheart.org/ http://www.goredforwomen.org/ http://choosetomove.org http://community.mystartonline.org/home http://www.everydaychoices.org/	<ul style="list-style-type: none"> • Search for your local AHA office for local activities • Go Red for Women: national movement to raise awareness about women and heart disease • Choose to Move: 12-week online program for women who want to increase their physical activity • Start! Walking: online tool to increase physical activity, includes exercise tracker • Everyday Choices for a Healthier Life: info about healthy eating, being active, not smoking, available in English and Spanish, in partnership with American Cancer Society and American Diabetes Association 	Free
	American Legacy Foundation http://www.becomeanex.org/	<ul style="list-style-type: none"> • Become an Ex: tobacco cessation support program and online community • Available in English and Spanish 	Free














National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	American Lung Association 800-LUNG-USA (800-586-4872) Quitline: 866-QUIT-YES (866-784-8937) Lung HelpLine: 800-548-8252 http://www.lungusa.org http://www.lunghelpline.org http://www.ffsonline.org/	<ul style="list-style-type: none"> • Self-help materials for quitting smoking • Tobacco Quitline: telephone support for quitting smoking • Freedom From Smoking Online: 8-week online smoking cessation program • Lung HelpLine: information line about lung health 	Free
	American Lung Association of North Carolina 919-832-8326 or 800-892-5650 info@lungnc.org http://www.lungnc.org/	<ul style="list-style-type: none"> • Information about state-wide programs including Freedom From Smoking 	Costs and locations vary
	Arthritis Foundation 800-283-7800 http://www.arthritis.org/ http://lmt.arthritis.org	<ul style="list-style-type: none"> • Let's Move Together: nationwide movement that encourages people to move everyday to prevent or treat arthritis • Movement Tracker: to keep track of physical activity 	Free
	Be Active NC 919-287-7000 http://www.beactivenc.org/	<ul style="list-style-type: none"> • Be Active Steps: pedometer-based walking program 	Free









National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	Centers for Disease Control 800-CDC-INFO (800-232-4636) http://www.cdc.gov/physicalactivity/index.html http://www.cdc.gov/nutrition/index.html http://www.cdc.gov/diabetes/ http://www.cdc.gov/tobacco/ http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/pathways/index.htm http://www.cdc.gov/physicalactivity/growingstronger	<ul style="list-style-type: none"> • Information about physical activity, healthy nutrition, diabetes, and tobacco • Pathways to Freedom – Winning the Fight Against Tobacco: link to intervention materials • Growing Stronger – Strength Training for Older Adults 	Free
	ChewFree http://www.chewfree.com/	<ul style="list-style-type: none"> • Interactive online quit resources for users of chewing tobacco or snuff 	Free
	Diabetes Management Solutions 919-876-8466 or 877-781-6664 info@thediabetesbus.org http://www.thediabetesbus.org/	<ul style="list-style-type: none"> • Diabetes Bus: must be referred by physician and scheduled for class • Living (Well) With Diabetes Support Groups 	Free Various locations in Eastern NC
	It's Your Air, Take It Back http://www.takeitbacknc.com	<ul style="list-style-type: none"> • Information about making your work, home, and community smoke-free 	Free
	Massachusetts Department of Public Health https://quitwizard.makesmokinghistory.org/	<ul style="list-style-type: none"> • Quit Wizard: online quit tool for tobacco (some info is specific to Mass-residents, but the Quit Wizard is available to everyone) 	Free




National and Statewide Resources

	Talk to...	What they offer.....	Other information...
 	MyPyramid (US Department of Agriculture) 888-7-PYRAMID (888-779-7264) Support@cnpp.usda.gov http://www.mypyramid.gov/ http://www.mypyramidtracker.gov/	<ul style="list-style-type: none"> • Information on nutrition and physical activity • MyPyramid Menu Planner: online dietary tool • MyPyramid Tracker: online dietary and physical activity assessment tool • Available in English and Spanish 	Free
   	NC Care LINK 800-662-7030 (English/Spanish) 919-855-4400 (local or out of state) 877-452-2514 (TTY Dedicated) NCcareLINK@ncmail.net http://www.nccarelink.gov/	<ul style="list-style-type: none"> • Information and referral service: searchable database of programs and services across NC 	Free
  	NC Cooperative Extension (through NCSU and NC A&T State University) http://www.ces.ncsu.edu	<ul style="list-style-type: none"> • County offices provide education and resources on physical activity, nutrition, diabetes, and other topics • Click on “County Centers” for info about the Cooperative Extension center in your county 	Program costs and locations vary
   	NC Department of Health and Human Services: Division of Public Health 919-707-5200 cdi@ncmail.net http://www.ncpublichealth.com/chronicdiseaseand injury/index.htm	<ul style="list-style-type: none"> • Diabetes Prevention and Control Program • Healthy Carolinians • Heart Disease and Stroke Prevention • Physical Activity and Nutrition (including Eat Smart, Move More) • Tobacco Prevention and Control Branch 	Free





National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	NC Division of Aging and Adult Services 919-733-0440 serena.sanker@ncmail.net http://www.ncdhhs.gov/aging/livinghealthy/livinghealthy.htm	<ul style="list-style-type: none"> • Living Healthy with Chronic Conditions: Chronic Disease Self-Management Program available in various locations across the state 	Call for availability and cost in your area
  	NC Health and Wellness Trust Fund 919-981-5000 hwtf@ncmail.net http://www.healthwellnc.com/	<ul style="list-style-type: none"> • Fit Together NC: resources for nutrition and physical activity • Care To Act NC: information about diabetes for African-Americans, Latinos, and American Indians 	Free
  	NC Prevention Partners 919-969-7022 http://www.ncpreventionpartners.org http://www.winnerscirclehealthydining.com/	<ul style="list-style-type: none"> • NC Good Health Directory: database of local resources • Winner's Circle – A Healthy Eating Program: info about healthy dining establishments in NC • Some info in English and Spanish 	Free
	Nicotine Anonymous 877-879-6422 http://www.nicotine-anonymous.org/	<ul style="list-style-type: none"> • Nicotine Anonymous Support Groups: in-person, online, and telephone meetings available (call or see website for locations and other info) 	Free



National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	Overeaters Anonymous National main number: 505-891-2664 Coastal NC: 800-308-2940 Piedmont NC: 704-319-1625 Charlotte area: 704-331-9500 (access # 742) Triad NC: 336-545-8008 Triangle NC: 919-406-9300 Western NC: 828-258-4821 Main: www.oa.org Piedmont: www.supportworks.org/info/oa.htm Triangle: www.triangleoa.org	<ul style="list-style-type: none"> • 12-step program for compulsive overeaters • Meetings/contact available in-person, online, by telephone, or by mail/ email <ul style="list-style-type: none"> • In-person Meetings: search www.oa.org or call regional phone number for a list of local meetings • Online/Telephone Meetings: http://www.oa.org/online_meetings.html • Mail/Email Contact: http://www.oa.org/service_by_mail.html 	Free
	Quit Now NC! 800-QUIT-NOW (800-784-8669) Deaf / hard of hearing: 877-777-6534 http://www.quitlinenc.org/	<ul style="list-style-type: none"> • Tobacco Quitline available 8am – 3am, 7 days/wk • Available in English, Spanish, TTY 	Free
	Quitnet.com http://www.quitnet.com/	<ul style="list-style-type: none"> • Online smoking cessation program • Available in English and Spanish 	Free
Rx	Seniors' Health Insurance Information Program (SHIIP) 1-800-443-9354 919-807-6900 http://www.ncdoi.com/shiip/default.asp	<ul style="list-style-type: none"> • Counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare prescription drug plans, long-term care insurance and other health insurance concerns 	Free






National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	Shape Up America! Healthy Weight for Life http://www.shapeup.org/	<ul style="list-style-type: none"> • Resources for improving diet and physical activity • Shape Up & Drop 10 Program: 10 step plan for improving nutrition and physical activity • Fitness Center: tools to develop an activity plan • 10,000 Steps: guide for increasing physical activity 	Free
	Smokefree.gov http://www.smokefree.gov/quit-smoking	<ul style="list-style-type: none"> • Online guide to quitting smoking 	Free
	Spirit of Women 561-544-0755 http://www.spiritofwomen.com/ To find a Spirit Hospital in NC: http://www.spiritofwomen.com/findahospitalnorthcarolina.html	<ul style="list-style-type: none"> • National coalition of U.S. hospitals and healthcare facilities that implements programs to address various health topics affecting women • Programs/Events include: Day of Dance, Heartcaring, Walk with Spirit, etc. • Website includes education and discussion forums • English and Spanish available 	Website: Free Programs/Events: costs and locations vary
	Taking Off Pounds Sensibly (TOPS) Eastern NC: James Farmer 252-333-1100 TOPS614@embarqmail.com Western NC: Mary Reed 910-425-5402 mary4TOPS@embarqmail.com www.tops.org	<ul style="list-style-type: none"> • Weekly meetings that encourage weight loss • Call or search online for a list of local meetings 	\$26 per year









National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	United Way 2-1-1 http://www.nc211.org/	<ul style="list-style-type: none"> • NC 211: 24-hour service line for assistance finding community health and human service resources in your community 	Free Available in most counties
	University of California at San Francisco & San Francisco General Hospital iQuit: 866-895-8050 https://www.iquit.medschool.ucsf.edu/ https://www.stopsmoking.ucsf.edu	<ul style="list-style-type: none"> • iQuit: telephone, internet, and mail-based smoking treatment study for Lesbian, Gay, Bisexual and Transgender Smokers 	Free

Alamance County Resources

	Talk to...	What they offer.....	Other information...
 	Alamance County Community YMCA 336-395-9622 1346 South Main St., Burlington, NC 27215 http://www.acymca.org	<ul style="list-style-type: none"> • Get Real Weight Management Program: 8-week program focused on attitude, self-image, self-empowerment, exercise, and nutrition • Exercise classes: Silver Sneakers Fitness Program, Water Fitness Classes, Young at Heart, etc. 	Membership costs vary, financial assistance available Get Real: \$65 members, \$85 non-members Exercise classes: free for members, \$30 for 10-class punch card for non-members
 	Alamance County Cooperative Extension 336-570-6740 209-C N. Graham-Hopedale Rd., Burlington, NC 27217 http://alamance.ces.ncsu.edu/	<ul style="list-style-type: none"> • Families Eating Smart and Moving More: 4-sessions • Eat Smart, Move More, Weigh Less: 19-sessions • Give Your Heart a Healthy Beat 	Costs vary
	Alamance County Health Department 336-570-6382 319 N. Graham-Hopedale Rd., 1 st Floor, Suite B, Burlington, NC 27217 http://www.alamance-nc.com/Alamance-NC/Departments/Health/	<ul style="list-style-type: none"> • Winner's Circle Healthy Dining Program: information on restaurants with healthy food choices • Info on community walking tracks available 	Free


Alamance County Resources

	Talk to...	What they offer.....	Other information...
   	Alamance Regional Medical Center Hospital Main: 336-538-7000 Lifestyle Center: 336-538-8100 Fitness Center: 336-586-3562 1240 Huffman Mill Rd., Burlington, NC 27215 http://www.armc.com/lifestyle-center/	<ul style="list-style-type: none"> • Events on a variety of health topics including heart health, nutrition, diabetes • Fresh Start: smoking cessation classes, series of four • Exercise classes: low-impact aerobics, yoga, etc. • Diabetes Management Program: 10-hours of education over 5-6 weeks, individual and classroom setting • Diabetes Support Group: meets monthly • Heart & Lung Support Group: meets monthly 	Fresh Start: Free Exercise classes: \$5 per class, \$20 for 5 classes, \$30 for 10 classes Diabetes Mgmt: financial assistance may be available Support Groups: Free Locations vary
   	Healthy Alamance 336-513-5590 319 N. Graham-Hopedale Rd., Burlington, NC 27217 http://www.healthyalamance.com/	<ul style="list-style-type: none"> • Info on diabetes, heart disease, obesity, smoke-free dining, and health events/programs • Alamance Walks and Graham Walks: walks meet for 6-weeks every fall and spring in the historic downtown areas of Burlington and Graham • Being Healthy Counts to H.I.M. (Health Improvement Ministry): classes to train Lay Health Advisors in a faith-based setting to help reduce risk of diabetes 	Free










Alexander County Resources

	Talk to...	What they offer.....	Other information...
 	Alexander County Cooperative Extension 828-632-4451 376 1st Ave. SW, Taylorsville, NC 28681 http://alexander.ces.ncsu.edu/	<ul style="list-style-type: none"> • Give Your Heart a Healthy Beat: 6 sessions taught over ten weeks • Eat Smart, Move More, Weigh Less: 15-week program, in partnership with Health Department 	Give your Heart: call for cost Eat Smart: \$15 Activity locations vary
 	Alexander County Health Department 828-632-9704 338 1st Ave. SW, Suite 1, Taylorsville, NC 28681 http://www.co.alexander.nc.us/health.php	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-week program, in partnership with Cooperative Extension 	\$15
	Alexander County Parks and Recreation Department 828-632-1104 621 Liledoun Rd., Box 4, Taylorsville, NC 28681 http://www.co.alexander.nc.us/recreation.php	<ul style="list-style-type: none"> • Recreational activities, recreational parks, ball fields, tennis courts, lighted walking tracks, and special events • Old Wittenburg Elementary School gym available to the public 8:30am-4:30pm Monday-Friday 	Facilities: Free Sports teams: costs vary
	Alexander Senior Center 828-632-1717 730 Seventh St. S.W., Taylorsville, NC 28681 http://www.geocities.com/alexsrcen/	<ul style="list-style-type: none"> • Fitness room and exercise video available • Physical Activity classes: general exercise classes, yoga / stretching, beginning line dance, etc. 	Free For adults age 60+ and their spouses
	Hiddenite Center 828-632-6966 316 Church St., Hiddenite, NC 28636 http://www.hiddenitecenter.com/	<ul style="list-style-type: none"> • Emerald Squares Dance Class: western style square dancing, Thursday evenings from Fall through Spring 	Classes: around \$5 per class

Alexander County Resources

	Talk to...	What they offer.....	Other information...
	YMCA of Alexander County 828-632-2232 34 West Main Ave., Taylorsville, NC 28681 http://www.acymca.net/	<ul style="list-style-type: none"> • Variety of exercise classes available • Treadmills, stationary bikes, free weights, aerobics studio, Nautilus equipment, changing areas 	Membership fees vary Financial assistance available










Alleghany County Resources

	Talk to...	What they offer.....	Other information...
  	Alleghany County Cooperative Extension 336-372-5597 90 South Main St., Sparta, NC 28675 http://alleghany.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 10-sessions, in partnership with Alleghany Wellness Center, includes free passes to use the Wellness Center • Community presentations on diabetes, nutrition, etc. 	Eat Smart: \$10
 	Alleghany Wellness Center 336-372-2944 508 Collins Rd., Sparta, NC 28675 http://alleghanywellnesscenter.com/	<ul style="list-style-type: none"> • Variety of exercise classes, indoor pool, walking track, exercise equipment • AWCI Lighten Up: 10-session Eat Smart, Move More Class in partnership with Alleghany Cooperative Extension, includes free passes to use the Wellness Center (http://alleghanywellnesscenter.com/lightenup.pdf) 	Sliding scale membership fees Lighten Up: \$10 Community Health Presentations: Free
  	App Health* http://www.apphealth.com/	<ul style="list-style-type: none"> • Information on outdoor physical activity opportunities, chronic disease, and nutrition • Community directory for the Appalachian region 	Free
	Northwest Tobacco Prevention Coalition* 828-264-4995 126 Poplar Grove Connector, Boone, NC 28607 http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php	<ul style="list-style-type: none"> • Information on tobacco cessation 	Free



Anson County Resources

	Talk to...	What they offer.....	Other information...
	Anson Community Hospital: Anson Parish Nurse & Health Ministries Hospital: 704-695-3233 Parish Nurse & Health Ministries: 704-694-5131 500 Morven Rd., Wadesboro, NC 28170 http://www.carolinasmedicalcenter.org/no_nav.cf?m?id=1908 http://www.ansonparishnurse.org	<ul style="list-style-type: none"> • Diabetes Self-Management Program: requires doctor's order • Diabetes Support Group: meets monthly at Calvary Episcopal Church • Diabetes Prevention Classes: for people at risk of developing Diabetes • Fit Feet Forever: Diabetic foot care education and screening • Anson Parish Nurse Health Ministry: volunteer health advocates provide info to area church congregations 	Diabetes Self-Management: call for cost All others programs: Free Locations vary
 	Anson County Cooperative Extension 704-694-2915 501 McLaurin St., Wadesboro, NC 28170 http://anson.ces.ncsu.edu/	<ul style="list-style-type: none"> • Families Eating Smart and Moving More 	Free
	Centralina Area Agency on Aging (Region F)* 704-372-2416 or 704-348-2712 Lmiller@centralina.org Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235 http://www.centralina.org/aaadefault.htm	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
	Healthy Ansonians 704-695-3405 http://www.healthyansonians.org/	<ul style="list-style-type: none"> • Mobile Screening Clinic • Diabetes Prevention Program: in partnership with Anson Community Hospital 	Free

Ashe County Resources

	Talk to...	What they offer.....	Other information...
  	App Health* http://www.apphealth.com/	<ul style="list-style-type: none"> • Information on outdoor physical activity opportunities, chronic disease, and nutrition • Community directory for the Appalachian region 	Free
  	Ashe County Cooperative Extension 336-846-5850 134 Government Circle, Suite 202, Jefferson, NC 28640 http://ashe.ces.ncsu.edu/	<ul style="list-style-type: none"> • Programs available on physical activity, nutrition, and diabetes may be available 	Call for more information
  	Ashe County Health Department (part of Appalachian District Health Department) 336-246-9449 <u>Contact:</u> Jennifer Bryan-Greene 413 McConnell Street, Jefferson, NC 28694 http://www.apphealth.com/Ashe/Index.php	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 10-15 sessions • Variety of programs/resources available 	Eat Smart: Free


Ashe County Resources

	Talk to...	What they offer.....	Other information...
	Ashe Memorial Hospital: Mountain Hearts Mountain Hearts Center: 336-846-0744 200 Hospital Ave., Jefferson, NC 28640 http://www.ashememorial.org/	<ul style="list-style-type: none"> • Clinical Diabetes Self-Management Program: meets weekly for 3 months, includes education and exercise assistance; requires doctor's referral • Wellness Memberships: Fit for Life gym, aerobics, aquatics, and more • Smoking cessation classes: 2 weekly sessions; offered quarterly 	Diabetes: can apply for financial aid Memberships: monthly fees vary (\$25-56); financial aid available to those with doctor referral to exercise; up to 75% off! Smoking class: Free
	Northwest Tobacco Prevention Coalition* 828-264-4995 126 Poplar Grove Connector, Boone, NC 28607 http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php	<ul style="list-style-type: none"> • Information on tobacco cessation 	Free









Avery County Resources

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Avery County Resources

	Talk to...	What they offer.....	Other information...
	YMCA of Avery County 828-737-5500 436 Hospital Dr., Linville, NC 28646 www.ymcaavery.org	<ul style="list-style-type: none"> • Various exercise and educational opportunities 	Membership fees apply, financial assistance available simply stop by to pick up a Y-Access financial assistance application







Beaufort County Resources

	Talk to...	What they offer.....	Other information...
  	Beaufort County Cooperative Extension 252-946-0111 155-A Airport Rd., Washington, NC 27889 http://beaufort.ces.ncsu.edu	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 13-session program • Dining with Diabetes • Good Eats Academy: healthy cooking for people with disabilities, in partnership with Easter Seals • Women Living Healthy, Women Living Well: class and interactive CD about women's health topics 	Eat Smart: \$30 Dining: small fee Good Eats: \$10 Women Living: Free
  	Beaufort County Hospital: LifeStyles Medical Fitness Center Hospital: 252-975-4100 628 East 12th St., Washington, NC 27889 LifeStyles Medical Fitness Center: 252-975-4236 1375 Cowell Farm Rd., Washington, NC 27889 http://www.beaufortregionalhealthsystem.org/	<ul style="list-style-type: none"> • Freedom From Smoking: 7-weekly meetings, offered about once per year • LEARN Weight Management Program: offered in January, 8-10 week program 	Freedom: \$50 LEARN: \$25 for members, \$50 for non-members
 	Grace Martin Harwell Senior Center 252-975-9368 310 W Main St., Washington, N.C. 27889 http://www.washington-nc.com/recreation_seniors.aspx	<ul style="list-style-type: none"> • Variety of exercise activities including dance, yoga, walking program, aerobics, stretching, chair exercise, fitness room, etc. • Monthly talks on healthy living habits and weight management • Eat Smart, Move More, Weigh Less for Senior Adults: 13-session program, in partnership with Cooperative Extension 	Free contributions are accepted For adults 55+ Eat Smart: \$20



Bertie County Resources

	Talk to...	What they offer.....	Other information...
  	Albemarle Regional Health Services* (Albemarle District Health Department) Bertie County: 252-794-5322 102 Rhodes Ave., Windsor, NC 27983 www.arhs-nc.org	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	Call for cost and availability Locations vary
  	Bertie County Cooperative Extension 252-794-5317 106 Dundee St., Windsor, NC 27983 http://bertie.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Class on Diabetes and Heart Disease • Expanded Food and Nutrition Education Program: for parents/grandparents caring for children 	Free
	Bertie Memorial Hospital Bertie Memorial Hospital: 252-794-6600 Hospital Wellness Coordinator: 252-482-6242 1403 South King St., Windsor, NC 27983 http://www.uhseast.com/body.cfm?id=28 http://www.uhseast.com/body.cfm?id=1951&oTopID=28	<ul style="list-style-type: none"> • Diabetes Support Group: every Wednesday, must be followed by a visit with your doctor • Healthy Living: diabetes management program, in cooperation with Brody School of Medicine • Community Services: education, wellness, and prevention programs, screenings, health fairs, etc. • Freedom From Smoking classes • Diabetes Educator 	Support group: Free Other programs: call for more info




Bertie County Resources

	Talk to...	What they offer.....	Other information...
 	Roanoke Chowan Community Health Center* Corporate office: 252-209-0237 113 Hertford County High Rd., Ahoskie, NC 27910 Ahoskie office: 252-332-3548 240 S. Academy St., Ahoskie, NC 27910 Colerain office: 252-356-2404 109 W. River St., Colerain, NC 27924 Murfreesboro office: 252-398-3323 305 Beechwood Blvd., Murfreesboro, NC 27855 http://www.rcchc.org/	<ul style="list-style-type: none"> • Diabetes Self-Management Education: individual and group sessions • Diabetes Support Group: meets monthly at ViQuest in Ahoskie • Diabetes Education in churches: available to churches in Gates County • Nutrition Education & Medical Nutrition Therapy: requires physician referral 	Diabetes Self-Mgmt.: sliding scale fee Support Group: Free Diabetes Ed.: Free Nutrition Ed.: sliding scale fee
   	Three Rivers Healthy Carolinians* 252-482-1199 100 W. Freemason Circle, Edenton, NC 27932	<ul style="list-style-type: none"> • Tobacco cessation • Physical activity programs • Diabetes support group: meets twice monthly • Body & Soul: nutrition program in African-American churches • Diabetes Day: March 2009 	Call for more information





Bladen County Resources

	Talk to...	What they offer.....	Other information...
	Bladen County Cooperative Extension 910-862-4591 450 Smith Circle Dr., Elizabethtown, NC 28337 http://bladen.ces.ncsu.edu/	<ul style="list-style-type: none"> • Expanded Food and Nutrition Education Program: covers how to stretch your food dollars and healthy eating, must have children at home or help care for grandchildren to qualify • Eat Smart, Move More, Weigh Less: 15-week series, offered in partnership with Health Department 	EFNEP: Free Eat Smart: \$35
Rx	Bladen County Hospital Main: 910-862-5100 Healthy Bladen: 910-862-1294 501 Poplar St., Elizabethtown, NC 28337 http://www.bchn.org/about_us/index.htm	<ul style="list-style-type: none"> • Healthy Bladen: medication assistance program for under and uninsured adults 	Call for more information
	Bladen County Parks and Recreation 910-862-6770 803 King St., Elizabethtown, NC 28337 http://bladen.recdesk.com/recdeskportal/	<ul style="list-style-type: none"> • Recreational facilities: parks, fields, King Street Gym (basketball court) • Adult Co-Ed Volleyball league 	Locations and fees vary Volleyball: \$25/person







Brunswick County Resources

	Talk to...	What they offer.....	Other information...
	Brunswick County Cooperative Extension 910-253-2610 25 Referendum Dr., Bolivia, NC 28422 http://brunswick.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12-week program • Expanded Food and Nutrition Education Program: available to parents or grandparents with children living in their home 	Location and fees vary EFNEP: Free
	Brunswick County Health Department 910-253-2250 Government Complex, Bldg. A, 25 Courthouse Dr. NE, Bolivia, NC 28422 http://www.brunswickcountync.gov/Health/tabid/90/Default.aspx	<ul style="list-style-type: none"> • Diabetes Education Program: individual consultation and class on diabetes management, requires doctor's referral 	Diabetes: sliding scale fee
	Brunswick County Parks & Recreation 910-253-2670 Building M, 69 Stamp Act Dr. NE, Bolivia, NC 28422 http://www.brunswickcountync.gov/Departments/ParksandRecreation/tabid/64/Default.aspx	<ul style="list-style-type: none"> • Sports leagues and lessons: including softball, tennis, volleyball • Fitness classes: dance, Zumba, Body Fusion, Cardio-Mix, water fitness, strength circuit, etc. • Parks: baseball/softball/soccer/football fields, basketball/tennis/volleyball courts, batting cages • Senior activities: golf tournaments, cheerleading, dance 	Fees and locations vary Senior activities: for ages 55+




Buncombe County Resources

	Talk to...	What they offer.....	Other information...
	Appalachian Sustainable Agriculture Project (ASAP) 828-236-1282 Asheville, NC http://www.asapconnections.org/	<ul style="list-style-type: none"> Local Food Guide: listing of farmers markets and other local food sources 	Free Locations vary
	Area Agency on Aging, Region B* 828-251-7438 Rebecca@landofsky.org Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806 http://www.landofsky.org/	<ul style="list-style-type: none"> Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
	Buncombe County Health Center (Health Department) 828-250-5000 35 Woodfin, Asheville, NC 28801 http://www.buncombecounty.org/governing/depts/Health/default.asp	<ul style="list-style-type: none"> Cooking for Your Health: TV cooking show produced by the Nutrition Department and Buncombe County TV, available online or on Charter Cable channel 2 	Free
	Council on Aging 828-277-8288 http://www.coabc.org/senior-dining	<ul style="list-style-type: none"> Senior Dining: lunch, exercise, activities for age 60+ 	Free Locations vary

Buncombe County Resources

	Talk to...	What they offer.....	Other information...
	ExploreAsheville.com http://www.exploreasheville.com/active-getaways/index.aspx	<ul style="list-style-type: none"> • Active Getaway: info about being active in Asheville • General physical activity information 	Free
 	Healthy Buncombe 828-250-6994 257 Biltmore Ave., Asheville, NC 28801 http://www.healthybuncombe.org/	<ul style="list-style-type: none"> • Information about physical activity and nutrition 	Free
  	Mission Hospital Main: 828-213-1111 Nicotine Dependence Program: 828-213-0296 Forever Fit: 828-213-8246 Health Education Center (Diabetes Programs): 828-213-4700 509 Biltmore Ave., Asheville, NC 28801 http://www.missionhospitals.org/body.cfm?id=13	<ul style="list-style-type: none"> • Nicotine Dependence Program <ul style="list-style-type: none"> • Freedom From Smoking: 7-week program • Smoking cessation counseling • Information about getting smoking cessation medications at cost • Forever Fit: 8-week series offered every Monday and Wednesday, low-impact exercise class for senior women • Diabetes Education: 5-class series, includes individual education and group classes • Cornerstone: Diabetes support group, meets the second Thursday of each month from 4:30-6pm 	Freedom: \$25, scholarships available Smoking counseling: Free Forever Fit: \$52 Diabetes: fee varies, financial assistance available Cornerstone: Free Locations vary


Buncombe County Resources

	Talk to...	What they offer.....	Other information...
  	YWCA of Asheville Main: 828-254-7206 Diabetes programs: 828-254-7206 x212 185 S. French Broad Ave., Asheville, NC 28801 http://www.ywca.org/site/pp.asp?c=gmKUJdNZJvF&b=269423	<ul style="list-style-type: none"> • Diabetes Wellness Project: Designed for diabetics, project includes membership, monthly education sessions, fitness counseling, workout support groups, and cooking classes with a dietician • Diabetes Prevention Project: Designed for those at high risk of developing diabetes; includes all above plus monthly dinner • Both programs are annual programs and enroll new members quarterly • Programs require members to use gym at least twice a week 	\$10/month for 12 months




Burke County Resources

	Talk to...	What they offer.....	Other information...
 	Burke County Cooperative Extension 828-439-4460 130 Ammons Dr., Suite 2, Morganton, NC 28655 http://burke.ces.ncsu.edu/	<ul style="list-style-type: none"> • Programs on physical activity and/or nutrition may be available 	Call for information
  	Burke County Health Department 828-439-4400 700 East Parker Rd., Morganton, NC 28655 http://co.burke.nc.us/departments/health/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: series of classes on diet/exercise for weight management • Freedom From Smoking: smoking cessation classes 	Eat Smart: \$20 Freedom: about \$20, call for cost
	Burke County Parks and Recreation 828-439-4370 700 South Main St., Drexel, NC 28619 http://co.burke.nc.us/departments/parks-recreation/	<ul style="list-style-type: none"> • Athletic programs: indoor and outdoor soccer, football, basketball, baseball, softball, cheerleading • Parks and athletic facilities available 	Locations and fees vary
	Phifer Wellness Center (part of Blue Ridge Healthcare) Main: 828-580-6600 Diabetes Support Group: 828-580-6784 2165 South Sterling St., Morganton, NC 28655 http://www.blueridgehealth.org/phifer.html	<ul style="list-style-type: none"> • Diabetes Support Group: meets the fourth Thursday of each month from 7-8pm 	Free




Burke County Resources

	Talk to...	What they offer.....	Other information...
	<p>Valdese Hospital & Grace Hospital (part of Blue Ridge Healthcare)</p> <p>Valdese Hospital: 828-874-2251 720 Malcolm Blvd., Valdese, NC http://www.blueridgehealth.org/valdese-hospital.html</p> <p>Grace Hospital: 828-580-5000 Outpatient Department: 828-580-6782 2201 South Sterling St., Morganton, NC 28655 http://www.blueridgehealth.org/grace-hospital.html</p>	<ul style="list-style-type: none"> • Diabetes Education Classes: series of classes and nutritional counseling, requires doctor's order • Diabetes Support Group: meets monthly 	<p>Education: fees vary, financial assistance may be available</p> <p>Support Group: Free</p>


Cabarrus County Resources

	Talk to...	What they offer.....	Other information...
	Cabarrus County Cooperative Extension 704-920-3310 715 Cabarrus Ave. West, Concord, NC 28027 http://cabarrus.ces.ncsu.edu/	<ul style="list-style-type: none"> • Families Eating Smart and Moving More: 4-class series, meets in the evenings • Steps to Health: 12-week program, covers nutrition and physical activity, for older adults • Eating Smart: TV program on Channel 22 (Cabarrus County Government Channel) 	Locations vary Free
	Carolinas Medical Center – NorthEast: Cannon Heart Center Main: 704-403-3000 QuitSmart: 704-403-1275 or 800-842-6868 920 Church Street N., Concord, NC 28025	<ul style="list-style-type: none"> • QuitSmart Smoking Cessation Program: group sessions, tapes/CDs, manual, cigarette substitute 	\$150, financial assistance may be available
	Centralina Area Agency on Aging (Region F)* 704-372-2416 or 704-348-2712 Lmiller@centralina.org Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235 http://www.centralinaaging.org/Consumers/ebhp.htm	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties • Walk with Ease: helpful for older adults who find it difficult to maintain a regular exercise schedule 	Free Locations vary




Caldwell County Resources

	Talk to...	What they offer.....	Other information...
	Caldwell Memorial Hospital: Quest 4 Life Wellness Center & Center for Diabetes Health Quest 4 Life: 828-758-8753 Health Promotion Programs: 828-757-6217 Diabetes Education: 828-757-6450 1031 Morganton Blvd. SW, Lenoir, NC 28645 http://www.caldwellmemorial.org/offices.php?oid=28	<ul style="list-style-type: none"> • Health Promotion programs: topics include nutrition, exercise, etc. • Quest 4 Life: FreshStart smoking cessation classes • Diabetes Education and Self-Management Course: requires doctor's referral, nutrition counseling available • Diabetes Support Group: meets quarterly 	Health Promotion: usually free FreshStart: Free Diabetes Ed.: call for cost, may be free if referred from Helping Hands Clinic Support Group: Free
	Helping Hands Clinic of Caldwell County Main: 828-754-8565 Caldwell Health Access Program: 828-754-8566 810 Harper Ave. NW, Lenoir, NC 28645 http://www.helpinghandsclinic.org/	<ul style="list-style-type: none"> • Caldwell Health Access Program (CHAP): case management for chronic illnesses (diabetes, heart disease, high blood pressure, etc.), includes diabetic, nutrition, and tobacco education as needed • Clinical Pharmacist Practitioner, Certified Diabetes Educator, and Wellness Coordinator on staff 	In-clinic services: Free for uninsured Caldwell County residents CHAP: \$5 copay/visit
	Northwest Tobacco Prevention Coalition* 828-264-4995 126 Poplar Grove Connector, Boone, NC 28607 http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php	<ul style="list-style-type: none"> • Information on tobacco cessation 	Free







Caldwell County Resources

	Talk to...	What they offer.....	Other information...
	Satie & J.E. Broyhill Caldwell Senior Center 828-758-2883 650-A Pennton Ave. SW, Lenoir, NC, 28645 http://caldwellseniorcenter.org/	<ul style="list-style-type: none"> • Variety of exercise and dance classes 	Free Available to county residents ages 60+


Camden County Resources

	Talk to...	What they offer.....	Other information...
	Albemarle Regional Health Services* (Albemarle District Health Department) Camden County: 252-338-4460 160B Hwy 158 East, Camden, NC 27921 www.arhs-nc.org	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	Call for cost and availability Locations vary
	Camden County Cooperative Extension 252-338-1919 ext. 228 or 252-232-2261 120 NC Highway 343 N, Camden, NC 27921 http://camden.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-classes available in the fall 	Eat Smart: \$20
	Healthy Carolinians of the Albemarle* 252-338-4440 or 252-232-1914 711 Roanoke Ave., Elizabeth City, NC 27909	<ul style="list-style-type: none"> • Know Your Numbers: training for Lay Health Advisors on cardiovascular health and stroke prevention • Albemarle We Can!: 8-week faith-based program for heart health and weight management education • GIS maps of neighborhoods 	Free

Carteret County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region P* 252-638-3185 jhardin@eccog.org Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563 http://www.eccog.org/document.asp?document_name=aaa	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free for ages 60+, small fee for those under 60 Locations vary
 	Carteret County Cooperative Extension 252-222-6352 303 College Cir., Morehead City, NC 28557 http://carteret.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-classes • Cook Smart, Eat Smart 	Eat Smart: \$40 Cook Smart: call for cost Location vary
 	Carteret County Health Department 252-728-8550 3820 Bridges St. #A, Morehead City, NC 28557 http://www.carteretcountyhealth.com/	<ul style="list-style-type: none"> • Walking trail guide • Lookout for Your Health: monthly TV show on Time Warner Cable channel 10, broadcast twice weekly, covers a variety of health topics 	Free
 	Carteret General Hospital Main: 252-808-6000 Diabetes Learning Center: 252-808-6689 Freedom From Smoking: 252-808-6611 3500 Arendell St., Morehead City, NC 28557 http://www.ccgh.org/community/support_ed_programs.shtml	<ul style="list-style-type: none"> • Diabetes Support Group: call for availability • Diabetes Education Program: requires doctor's referral • Freedom From Smoking: 7-week class 	Support Group: Free Diabetes Education: call for cost, reduced fee may be available Freedom: \$50








Carteret County Resources

	Talk to...	What they offer.....	Other information...
	New Hanover Regional Medical Center Main: 910-343-7000 Weight Transitions: 910-343-7193 2131 S. 17 th St., Wilmington, NC 28401 http://www.nhnh.org/	<ul style="list-style-type: none"> • Weight Transitions: 12-week weight management program for people with a BMI of 30+, group classes and supervised exercise sessions, includes one nutrition class 	\$145 (can be broken into three monthly payments: \$65, \$40, \$40)







Caswell County Resources

	Talk to...	What they offer.....	Other information...
	Caswell County Cooperative Extension 336-694-4158 126 Court Square, Yanceyville, NC 27379 http://caswell.ces.ncsu.edu/	<ul style="list-style-type: none"> • Dining with Diabetes • Eat Smart, Move More, Weigh Less • Families Eating Smart and Moving More • Women Living Healthy, Women Living Well • Give your Heart a Healthy Beat 	Dining: small fee Eat Smart: \$20 Other programs: call for cost
	Caswell County Senior Center 336-694-7447 142 Main St., Yanceyville, NC 27379 http://www.caswellcountync.gov/county/depts/seniorcenter.htm	<ul style="list-style-type: none"> • Weekly exercise classes • Exercise equipment room: treadmills, bicycles, weight machine 	Free For ages 55+
	Prospect Hill Community Health Center 336-562-3311 140 Main St., Prospect Hill, NC 27314 http://www.piedmonthealth.org/english/prospecthillpage.htm	<ul style="list-style-type: none"> • Diabetes Education Classes: series of 4 classes, offered twice per month in English (offered once per month in Spanish), requires doctor's referral • Medical Nutrition Therapy 	Call for cost (free or sliding scale fee)
	Caswell County Parks & Recreation Department 336-694-4449 http://www.yanceyvillenc.gov/liv_leisure.htm http://www.caswellcountync.gov/county/depts/recdept.htm	<ul style="list-style-type: none"> • Recreation Park: gymnasium, tennis courts, ballpark, batting cages, on Country Park Rd. in Yanceyville • Gatewood Memorial Park: walking trails, horseshoe pits, on Firetower Rd. in Yanceyville • Adult softball league 	Park: Free Softball: \$250 per team

Catawba County Resources

	Talk to...	What they offer.....	Other information...
 	Catawba County Cooperative Extension 828-465-8240 1175 S. Brady Ave., Newton, NC 28658 http://catawba.ces.ncsu.edu/	<ul style="list-style-type: none"> • Take Charge of Your Diabetes: meets monthly on the second Tuesday of each month • Eating Smart at Home: 6-session course 	Take Charge: Free Eating: \$10
	Catawba County Parks 828-256-9157 or 828-324-8461 100 A South West Blvd., Newton, NC 28658 http://www.catawbacountync.gov/depts/parks/	<ul style="list-style-type: none"> • List and map of parks in Catawba County • Sports fields and courts, trails for hiking/leashed dog-walking/mountain biking (some paved), horseshoe pits, lake public access areas • Monthly guided hikes available 	Free
   	Frye Regional Medical Center Main: 828-315-5000 Diabetes Management: 828-322-6699 FreshStart: 828-315-3530 Spirit of Women: 828-315-5677 420 N. Center St., Hickory, NC 28601 http://www.fryemedctr.com/	<ul style="list-style-type: none"> • Diabetes Management Support Group: meets on the third Monday of January, April, July, and October from 6:30-8pm • FreshStart Smoking Cessation Program • I Can Cope Cancer Series • Look Good Feel Better • Spirit of Women: programs available on diabetes, heart disease, and other topics 	Diabetes: Free FreshStart: Free Cancer Series: Free Look Good: Free Spirit: price varies, approx. \$5 - \$10 Locations vary, call for details









Chatham County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region J* 919-638-2736 tsangster@tjcog.org Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
 	Chatham County Cooperative Extension 919-542-8202 45 South St., Pittsboro, NC 27312 http://chatham.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 14-16 weeks • Dining with Diabetes: 4-week course 	Eat Smart: \$20 Dining: \$25-30
  	Chatham County Council on Aging: Senior Centers Eastern Chatham Senior Center: 919-542-4512 365 Hwy 87 N, Pittsboro, NC 27312 Western Chatham Senior Center: 919-742-3975 112 Village Lake Rd., Siler City, NC 27344 http://chathamcouncilonaging.org/	<ul style="list-style-type: none"> • Exercise and dance classes • Fitness center with exercise equipment • Diabetic Support Groups: meet monthly • Nutrition speakers about once per month 	Exercise classes: call for cost, scholarships available Diabetic Support Group: Free For ages 55+









Chatham County Resources

	Talk to...	What they offer.....	Other information...
	Chatham County Public Health Department Community Health Promotion: 919-545-8510 Diabetes Program: 919-742-5641 or 919-545-8520 Pittsboro Clinic: 919-542-8220 80 East St., Pittsboro, NC 27312 Siler City Clinic: 919-742-5641 1000 South Tenth Ave., Siler City, NC 27344 www.chathamnc.org/publichealth	<ul style="list-style-type: none"> • Diabetes Self Management Education Classes: requires doctor referral • Diabetes Support Group: meets on the second Monday of each month at 5:30pm 	Diabetes: Free Locations vary
	Chatham County Parks and Recreation 919-545-8555 90 East St., Pittsboro, NC 27312 http://www.chathamnc.org/Index.aspx?page=150	<ul style="list-style-type: none"> • Athletic teams/lessons: basketball, softball, volleyball, kickball, tennis • List of county parks and trails 	Locations and fees vary
	Chatham Hospital Main: 919-799-4000 Diabetes Program: 919-663-2314 475 Progress Blvd., Siler City, NC 27344 http://www.chathamhospital.org/	<ul style="list-style-type: none"> • Diabetes Management Program: individual and group sessions, available in English and Spanish 	Diabetes: fees vary, financial assistance may be available Locations vary





Cherokee County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
  	Cherokee County Cooperative Extension 828-837-2917 39 Peachtree St., Suite 103, Murphy, NC 28906 http://cherokee.ces.ncsu.edu/	<ul style="list-style-type: none"> • Dining with Diabetes: 8-week program • Eat Smart, Move More, Weigh Less: 15-19 week program • Senior Citizens' education: covers physical activity, nutrition, and other topics 	Dining: Free Eat Smart: call for cost Senior: Free
  	Cherokee County Health Department Murphy: 828-837-7486 228 Hilton St., Murphy, NC 28906 Andrews: 828-321-4167 84 Main St., Andrews, NC 28901 http://www.cherokeeconomy-nc.gov/departments/health/	<ul style="list-style-type: none"> • Health Education: provided for individuals, community organizations, schools and clients within the county. 	Call for more information
	Murphy Medical Center 828-837-8161 3990 E. US Hwy. 64 Alt., Murphy, NC 28906 http://www.murphymedical.org/	<ul style="list-style-type: none"> • Smoking cessation counseling 	Call for cost




Chowan County Resources

	Talk to...	What they offer.....	Other information...
  	Albemarle Regional Health Services* (Albemarle District Health Department) Chowan County: 252-482-6003 100 West Freemason Circle, Edenton, NC 27932 www.arhs-nc.org	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	Call for cost and availability Locations vary
	Chowan Hospital Main: 252-482-8451 Diabetes Education: 252-482-6216 211 Virginia Rd., Edenton, NC 27932 http://www.uhseast.com/body.cfm?id=432	<ul style="list-style-type: none"> • Diabetes Self-Management Program: individual and group sessions, requires doctor's referral • Diabetes Support Group: meets monthly 	Program: fees vary, financial assistance may be available Support Group: Free
   	Three Rivers Healthy Carolinians* 252-482-1199 100 W. Freemason Circle, Edenton, NC 27932	<ul style="list-style-type: none"> • Tobacco cessation • Physical activity programs • Body & Soul: nutrition program in African-American churches 	Call for more information


Clay County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
  	Clay County Cooperative Extension 828-389-6305 55 Riverside Cir., Ste. 108, Hayesville, NC 28904 http://clay.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: usually offered in January • Dining with Diabetes: cooking and meal planning classes • Move On Clay County: list of physical activity opportunities in the area 	Eat Smart: \$40 Dining: small fee



Cleveland County Resources

	Talk to...	What they offer.....	Other information...
	Cleveland County Health Department Main: 704-484-5100 Health Education: 704-484-5139 Temple Initiative: 704-669-3139 Carolina Community Health Partnership: 704-484-5152 315 E. Grover St., Shelby, NC 28150 http://www.clevelandcounty.com/public/health/ Diabetes: http://www.clevelandcounty.com/public/health/ca/pages/cmgmt_pt.html	<ul style="list-style-type: none"> • Search Your Heart: faith-based heart health program • Temple Initiative: faith-based heart health program • WIN Program (Wellness for Individuals Now): comprehensive health promotion program • Fit Together Initiative • Nutrition counseling • Diabetes Clinic & Classes • Carolina Community Health Partnership: diabetes case management 	Call for availability and cost Locations vary
	Cleveland Regional Medical Center Main: 980-487-3000 Diabetes Center: 980-487-3953 201 E. Grover St., Shelby, NC 28150 http://www.clevelandregional.org/event_calendar/	<ul style="list-style-type: none"> • Diabetes Education Classes: offered three times per month • Diabetes Support Group: meets the second Tuesday of each month from 5:30-6:30pm (no meetings in July or December) 	Classes: call for cost, financial assistance may be available Support Group: Free
	Kings Mountain Hospital* 980-487-5000 706 W. King St., Kings Mountain, NC 28086 http://www.clevelandregional.org/KMH/	<ul style="list-style-type: none"> • Diabetes Education Classes: offered three times per month • Fresh Start smoking cessation program: may be available 	Call for more information Financial assistance may be available







Cleveland County Resources

	Talk to...	What they offer.....	Other information...
	Shelby Parks and Recreation Department Main: 704-484-6811 Aquatics Center: 704-484-6826 http://www.cityofshelby.com/govt/dept_parks_rec/index.php	<ul style="list-style-type: none"> • Aquatics Center: public swim, water aerobics classes, lap swim, open during the summer • Classes: aerobics, square dance, Seniors line dance • Softball, basketball, tennis • Recreational parks 	Locations vary Aquatics: free or small fee Aerobics: fees vary Call for other costs



Columbus County Resources

	Talk to...	What they offer.....	Other information...
	Columbus County Cooperative Extension 910-640-6605 45 Government Complex Rd., Suite A, Whiteville, NC 28472 http://columbus.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 19-week program 	Small fee
	Columbus Regional Healthcare System Main: 910-642-8011 Diabetes: 910-641-8208 or 910-642-9454 500 Jefferson St., Whiteville, NC 28472 http://www.crhealthcare.org/	<ul style="list-style-type: none"> • Diabetes Education Program • Diabetes Support Group: meets monthly 	Call for more information Support Group: Free












Craven County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region P* 252-638-3185 jhardin@eccog.org Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563 http://www.eccog.org/document.asp?document_name=aaa	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free for ages 60+, small fee for those under 60 Locations vary
	Coastal Carolina Health Care 252-514-6685 New Bern, NC 28561 http://www.cchealthcare.com/index.cfm/fuseaction/site.splash.cfm	<ul style="list-style-type: none"> • Smoking Cessation Program 	Call for cost
 	Craven County Cooperative Extension 252-633-1477 300 Industrial Dr., New Bern, NC 28562 http://craven.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-week course • Senior Center: monthly program on health topics • Extension and Community Association: group for retirees, meets once monthly, various health topics programs 	Eat Smart: \$40
 	Craven County Health Department 252-636-4920 2818 Neuse Blvd., New Bern, NC 28561 http://www.cravencounty.com/departments/hth/htmain.cfm	<ul style="list-style-type: none"> • Fresh Start smoking cessation classes: available if enough people are interested • Various other educational programs available 	Fresh Start: Free Call for costs of other programs


Craven County Resources

	Talk to...	What they offer.....	Other information...
	Craven County Parks and Recreation 252-636-6606 406 Craven St., New Bern, NC 28560 http://www.cravencounty.com/parks/	<ul style="list-style-type: none"> • Classes: senior archery (for age 55+), tennis, golf, kayaking • Meet Me At the Park: organized tennis match play • Co-ed softball league • Hooked on Walking: group walking program • Twin Rivers Paddle Club: kayaking club for beginners, also organizes a senior paddle event 	Senior Archery: Free Meet Me At the Park: Free Others: call for cost
	Craven Regional Medical Center & Craven Regional Medical Center Foundation Main: 252-633-8111 Diabetes Support Group: 252-633-8237 Diabetes Education Program: 252-514-2874 Education Department: 252-633-8160 2000 Neuse Blvd, New Bern, NC, 28561 http://www.cravenhealthcare.org/supportgroups.htm http://www.crmcfoundation.com/diabetes/diabetes.html	<ul style="list-style-type: none"> • Diabetes Support Group: meets monthly • Healthy Living Takes A Conscious Effort: 4-week Diabetes education program, Thursdays 3:30-5:30pm 	Support Group: Free Healthy Living: Free Locations vary









Cumberland County Resources

	Talk to...	What they offer.....	Other information...
  	Better Health of Cumberland County 910-483-7534 1422 Bragg Blvd., Fayetteville, NC 28301 http://www.betterhealthcc.org/	<ul style="list-style-type: none"> • Diabetes Clinic: includes education • Exercise for diabetics • Take Charge of Diabetes: 7-week diabetes self-management course • Eat Smart, Move More: available upon request 	Free
 	Cape Fear Valley Medical Center Main: 910-615-4000 Passport to Health: 910-609-4600 http://www.capefearvalley.com/other_services/passport.html	<ul style="list-style-type: none"> • Passport to Health: free health and wellness program for ages 50+, members can participate in free or discounted educational or health-related programs (ex: walking club, dance/exercise classes, workshops, special events, etc.) 	Most activities are Free (some activities require a fee)
  	The CARE Clinic 910-485-0555 239 Robeson St., Fayetteville, NC 28301 http://www.thecareclinic.org/	<ul style="list-style-type: none"> • Classes on nutrition, diabetes, smoking cessation may be available 	Free Services available to CARE Clinic patients
  	Cumberland County Health Department Main: 910-433-3600 Health Education: 910-433-3890 227 Fountainhead Lane, Fayetteville, NC 28301 http://www.co.cumberland.nc.us/health/	<ul style="list-style-type: none"> • Healthy Connections: TV show on various health topics, Tuesdays at 7:30pm on Time Warner Cable channel 7 	Call for more information










Cumberland County Resources

	Talk to...	What they offer.....	Other information...
	Fayetteville-Cumberland Parks & Recreation 910-433-1547 121 Lamon St., Fayetteville, NC 28301 http://www.fcpr.us/	<ul style="list-style-type: none"> • Parks and Recreation Centers, Senior Center • Classes: dance, adult and senior aerobics, belly dancing, open gym access, fitness/weight rooms, karate, tae kwon do, basketball, tennis • Athletics: co-ed volleyball, softball, bocce • Walking 4 A Healthier U: free walking program for ages 50+ 	Locations and fees vary







Currituck County Resources

	Talk to...	What they offer.....	Other information...
  	Albemarle Regional Health Services* (Albemarle District Health Department) Currituck County: 252-232-2271 2795 Caratoke Highway, Currituck, NC 27929 www.arhs-nc.org	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	Call for cost and availability Locations vary
  	Currituck County Cooperative Extension 252-232-2261 120 Community Way, Barco, NC 27917 http://currituck.ces.ncsu.edu/	<ul style="list-style-type: none"> • Albemarle We Can: 8-week program, includes health screening and education on diabetes, heart health, physical activity, etc., sponsored by Healthy Carolinians of the Albemarle • Eat Smart, Move More, Weigh Less: 13-week series 	Albemarle: Free Eat Smart: \$10 Locations vary
 	Healthy Carolinians of the Albemarle* 252-338-4440 or 252-232-1914 711 Roanoke Ave., Elizabeth City, NC 27909	<ul style="list-style-type: none"> • Know Your Numbers: training for Lay Health Advisors on cardiovascular health and stroke prevention • Albemarle We Can!: 8-week faith-based program for heart health and weight management education • GIS maps of neighborhoods 	Free





Dare County Resources

	Talk to...	What they offer.....	Other information...
 	Dare County Cooperative Extension 252-473-4290 517 Budleigh St., Manteo, NC 27954 http://dare.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-week program 	\$45
   	Dare County Health Department Manteo: 252-475-5003 109 Exeter St., Manteo, NC 27954 Buxton: 252-995-4404 47017 Buxton Back Rd., Buxton, NC 27920 http://www.darenc.com/depts/health/index.htm	<ul style="list-style-type: none"> • Women's health screenings, educational information available 	Free
	Dare County Parks & Recreation Family Recreation Park: 252-475-5920 602 Mustian St., Kill Devil Hills, NC 27948 The Fessenden Center: 252-475-5650 46830 Hwy 12, Buxton, NC 27920 Lions Club Center: 252-475-5910 1000 Westcott Park Rd., Manteo, NC 27954 http://www.darenc.com/depts/Parks_Rec/	<ul style="list-style-type: none"> • Variety of fitness classes available to the public 	Locations and costs vary
 	Outer Banks Hospital 252-449-4500 or 877-359-9179 4800 S. Croatan Hwy., Nags Head, NC 27959 http://www.theouterbankshospital.com/	<ul style="list-style-type: none"> • Cancer Resource Center: Tobacco cessation classes • Nutrition consults available 	Call for more information




Davidson County Resources

	Talk to...	What they offer.....	Other information...
  	Davidson County Cooperative Extension 336-242-2080 301 E Center St., Lexington, NC 27292 http://davidson.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Dining with Diabetes: 3-class series 	Eat Smart: \$15 Dining: \$20
	Davidson County Parks and Recreation 336-242-2285 Cecil School Bldg., 301 E. Center St., Lexington, NC 27292 http://www.co.davidson.nc.us/leisure/topics.aspx?SMID=38&SMTID=5&SMName=Parks%20And%20Recreation	<ul style="list-style-type: none"> • Parks: baseball/softball fields, soccer fields, tennis courts, basketball courts, hiking trails, walking trails, bocce courts, canoe/kayak access 	Locations vary
 	Lexington Memorial Hospital Main: 336-248-5161 Education Center: 336-238-4409 250 Hospital Dr., Lexington, NC 27292 http://www.lexingtonmemorial.com/education.aspx	<ul style="list-style-type: none"> • Diabetes Management Program: classes offered weekly, requires doctor's order • Smoking Cessation Classes: available upon request 	Call for cost information Financial assistance may be available










Davie County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region I* 336-761-2111 dburgess@nwpcog.org Northwest Piedmont Council of Governments, 400 W Fourth St., Suite 400, Winston-Salem, NC 27101 http://www.nwpcog.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free For adults 60+ (call to see if room for anyone under 60)
	Davie County Cooperative Extension 336-753-6100 180 S Main St., Mocksville, NC 27028 http://davie.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 8-10 weeks 	Eat Smart: about \$25
	Davie County Health Department 336-751-8700 210 Hospital St., Mocksville, NC 27028 http://www.co.davie.nc.us/Departments/Health/health.htm	<ul style="list-style-type: none"> • Individual nutritional education for diabetes • Fresh Start smoking cessation: available if a group of 8 or more is interested 	Nutrition Education: sliding scale Fresh Start: Free
	Davie Family YMCA 336-751-9622 215 Cemetery St., Mocksville, NC 27028 http://davie.ymcanwnc.org/	<ul style="list-style-type: none"> • Variety of exercise activities • Y-Weigh program: 12-week weight management program that includes 3 nutrition lectures and weekly group exercise • Destination Fitness (see Davie Senior Services) 	Membership required (financial assistance available) Y-Weigh: \$60 members, \$190 non-members, financial assistance available





Davie County Resources

	Talk to...	What they offer.....	Other information...
  	Davie Senior Services Mocksville site: 336-753-6230 278 Meroney St., Mocksville, NC 27028 Farmington site: 336-998-3730 1723 Farmington Rd., Mocksville, NC 27028 http://www.co.davie.nc.us/departments/senior%20services/seniorserve.htm	<ul style="list-style-type: none"> • Exercise activities & exercise room available • Destination Fitness Program: Incentive physical activity program (in partnership with YMCA, Parks & Rec., Davie Hospital), includes prizes for meeting goals, monthly educational seminars on various topics including diabetes, nutrition, weight control. 	All activities for adults age 55 and up Free

Duplin County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region P* 252-638-3185 jhardin@eccog.org Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563 http://www.eccog.org/document.asp?document_name=aaa	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free for ages 60+, small fee for those under 60 Locations vary
  	Duplin County Health Department 910-296-2130 340 Seminary St., Kenansville, NC 28349 http://www.duplincounty.org/dchealth.htm	<ul style="list-style-type: none"> • Smoking Cessation Classes: available upon request • Diabetes Education Classes: about 8-week program • Walking track and fitness equipment available to the public 	Free Locations vary
  	Duplin General Hospital 910-296-0941 401 North Main St., Kenansville, NC 28349 http://www.uhseast.com/body.cfm?id=1426&oTopID=1426	<ul style="list-style-type: none"> • Part of Duplin Partners for Health: educational forums and special events on health topics (nutrition and physical activity) • Diabetes Education Classes: call for availability 	Call for more information
 	Pope Wellness Center at Mount Olive College* 919-635-3773 562 Henderson St., Mount Olive, NC 28365 To enroll contact local county health department: Duplin 910-296-2130	<ul style="list-style-type: none"> • Fitness By Design: personal fitness and recreation program, nutrition program with free food vouchers, available to low/middle income 	Free


Durham County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region J* 919-638-2736 tsangster@tjcog.org Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
	Durham County Cooperative Extension 919-560-0525 721 Foster St., Durham, NC 27701 http://durham.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 13-week series • Women Living Healthy, Women Living Well: 1 ½ hour class, educational CD-rom, follow-up meeting 6-8 weeks later, covers nutrition and physical activity and other women's health topics 	Weigh Less: \$15 Women Living Healthy: Free
	Durham County Health Department Main: 919-560-7600 Fresh Start: 919-560-7765 414 East Main Street, Durham, NC 27701 http://www.durhamcountync.gov/departments/pht/h/Teen_and_Adult_Servi.html	<ul style="list-style-type: none"> • Nutrition counseling: referral required for special diets such as diabetes • Fresh Start: quit smoking program, 2-4 week series 	Nutrition: sliding scale fees Fresh Start: Free
	Duke University Health System 919-416-DUKE (919-416-3853) Teer House: 919-477-2644 4019 N. Roxboro Road Durham, NC 27704 http://www.dukehealth.org/events	<ul style="list-style-type: none"> • Diabetes Support Group • Low-Glycemic Diet Support Group • Staying Active and Mobile with Osteoporosis 	Free Most activities located at Teer House








Edgecombe County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region L* 252-234-5965 Upper Coastal Plain Council of Governments, 121 W. Nash St., Wilson, NC 27894 http://www.ucpcog.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary For ages 55+
 	Edgecombe County Cooperative Extension 252-641-7827 201 Saint Andrews St., Tarboro, NC 27886 http://edgecombe.ces.ncsu.edu/	<ul style="list-style-type: none"> • Various programs on physical activity and nutrition available upon request 	Call for cost
  	Edgecombe County Health Department Tarboro: 252-641-7511 2909 Main St., Tarboro, NC 27886 Rocky Mount: 252-985-4100 107 Atlantic Ave., Rocky Mount, NC 27801 http://www.edgecombecountync.gov/health/community.aspx	<ul style="list-style-type: none"> • Various educational programs on nutrition, physical activity, and smoking cessation 	Call for costs Locations vary
 	Rocky Mount Parks and Recreation* 252-972-1151 http://www.rockymountnc.gov/parks/	<ul style="list-style-type: none"> • Adult athletic leagues, parks, paddle and walking trails, outdoor excursions, gym, community centers, sports complex, pool, classes and workshops • Booker T. Washington Community Center: aerobics classes, Diabetes Seminar, exercise facilities • South Rocky Mount Community Center: walking track, indoor gym, exercise class for seniors 	Pool: \$2 Diabetes Seminar: Free Costs and locations vary


Edgecombe County Resources

	Talk to...	What they offer.....	Other information...
	Rocky Mount Senior Center* 252-972-1152 427 South Church St., Rocky Mount, NC 27804 http://www.rockymountnc.gov/parks/senior.html	<ul style="list-style-type: none"> • For adults 55+ • Gym Walkers program: indoor walking area • Outdoor track: 1 mile track available • Open Swim: available at select times • Variety of physical activity classes available: water aerobics, Senior Stretch, yoga, tai chi, etc. • Diabetes workshops: offered quarterly, must pre-register • Fitness Center: variety of exercise equipment available for a monthly fee 	Gym Walkers: Free Outdoor track: Free Open Swim: \$2 Classes: costs vary Diabetes: Free Fitness Center: \$10/month for city-resident, \$12.50/month for non-residents





Forsyth County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region I* 336-761-2111 dburgess@nwpcog.org Northwest Piedmont Council of Governments, 400 W Fourth St., Suite 400, Winston-Salem, NC 27101 http://www.nwpcog.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free For adults 60+ (call to see if room for anyone under 60)
	Forsyth County Cooperative Extension 336-703-2850 1450 Fairchild Rd., Winston-Salem, NC 27105 http://www.forsyth.cc/CES/	<ul style="list-style-type: none"> • Programs on nutrition and other health topics available 	Call for more information
  	Forsyth County Health Department 336-703-3100 or 336-703-3219 799 N. Highland Ave., Winston-Salem, NC 27102 http://www.co.forsyth.nc.us/Publichealth/	<ul style="list-style-type: none"> • Diabetes Support Group • HEALTHWISE: exercise classes for older adults • Keep Control Diabetes Classes • Step Up Forsyth! walking program • Weight-Wise: 10-16 week weight management program and research study • List of local smoking cessation programs available 	Free Activity locations vary
 	Wake Forest University Baptist Medical Center BestHealth: 336-765-8804 http://www.wfubmc.edu/patientsandvisitors/ClinicalServiceSub.aspx?id=5930	<ul style="list-style-type: none"> • BestHealth: located in Hanes Mall, events on a variety of health topics 	Lifetime membership: \$15 per person or \$25 per couple

Forsyth County Resources

	Talk to...	What they offer.....	Other information...
	YWCA Winston-Salem Glade Street branch: 336-722-0597 1031 Highland Ave., Winston-Salem, NC 27101 Gateway Center: 336-354-1589 1300 South Main St., Winston-Salem, NC 27127 http://www.ywcaws.org	<ul style="list-style-type: none"> • Variety of fitness equipment and programs available • Winner's Circle: weight loss program, 8-week program, includes exercise sessions at the YWCA (Gateway branch) 	Call for more information Financial assistance available




Franklin County Resources

	Talk to...	What they offer.....	Other information...
  	Franklin County Health Department & Frankly Healthy 919-496-2533 107 Industrial Dr., Suite C, Louisburg, NC 27549 www.franklincohealth.org	<ul style="list-style-type: none"> • RaY of HoPe: faith-based educational program with info on heart disease, nutrition, diabetes, cancer, and physical activity • Main Street Diabetes Project: church-based education about diabetes 	Free
	Franklin County Parks and Recreation 919-496-6624 62 West River Rd., Louisburg, NC 27549 http://www.co.franklin.nc.us/docs/parks/programs.html	<ul style="list-style-type: none"> • Adult athletic leagues • Open gym • Parks: sports fields, walking trails 	Open gym: \$2 Costs and locations vary



Gaston County Resources

	Talk to...	What they offer.....	Other information...
	Centralina Area Agency on Aging (Region F)* 704-372-2416 or 704-348-2712 Lmiller@centralina.org Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235 http://www.centralina.org/aaadefault.htm	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
	Gaston County Fitness and Nutrition Council http://www.gastonhealthcare.info/fitness/home.htm	<ul style="list-style-type: none"> • ABLE: All Bodies Like Exercise: TV exercise program (Monday, Wednesday, and Friday at 9am and 7pm on Time Warner Cable channel 16) • Information on community walking tracks 	Free
 	Gaston County Health Department Main: 704-853-5000 Health Education: 704-853-5118 Gaston Diabetes Center: 704-862-5310 Gaston Family Health Services: 704-853-5079 991 W. Hudson Blvd., Gastonia, NC 28052 http://www.co.gaston.nc.us/healthdept/ http://www.co.gaston.nc.us/diabetescenter/	<ul style="list-style-type: none"> • Health Services Directory available • Gaston Diabetes Center: Diabetes education classes and self-management program, available in English or Spanish • Gaston Family Health Services: Diabetes and nutrition services 	Diabetes Center: costs vary, financial assistance available Family Health Services: sliding scale fees
	Gaston County Parks and Recreation 704-922-2160 http://www.co.gaston.nc.us/ParksAndRec/SeniorPrograms.HTM	<ul style="list-style-type: none"> • Senior Programs: exercise and dance classes available to seniors 60+ 	Free Locations vary






Gaston County Resources

	Talk to...	What they offer.....	Other information...
	Gastonia Parks and Recreation Main: 704-866-6839 Adult Recreation Center: 704-866-6848 519 W. Franklin Blvd., Gastonia, NC 28052 http://www.cityofgastonia.com/city_serv/parks/index.cfm	<ul style="list-style-type: none"> • Community recreation centers: gyms, activity rooms, ball parks, tennis courts, basketball courts, etc. • Adult Recreation Center: activity classes (dance, fitness, yoga, Zumba, etc.) 	Classes: small fee Locations and costs vary
 	Kings Mountain Hospital* 980-487-5000 706 W. King St., Kings Mountain, NC 28086 http://www.clevelandregional.org/KMH/	<ul style="list-style-type: none"> • Diabetes Education Classes: offered three times per month • Fresh Start smoking cessation program may be available 	Call for more information Financial assistance may be available



Gates County Resources

	Talk to...	What they offer.....	Other information...
	Albemarle Regional Health Services* (Albemarle District Health Department) Gates County: 252-357-1380 29 Medical Center Rd., Gates, NC 27937 www.arhs-nc.org	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	Call for cost and availability Locations vary
	Roanoke Chowan Community Health Center* Corporate office: 252-209-0237 113 Hertford County High Rd., Ahoskie, NC 27910 Ahoskie office: 252-332-3548 240 S. Academy St., Ahoskie, NC 27910 Colerain office: 252-356-2404 109 W. River St., Colerain, NC 27924 Murfreesboro office: 252-398-3323 305 Beechwood Blvd., Murfreesboro, NC 27855 http://www.rcchc.org/	<ul style="list-style-type: none"> • Diabetes Self-Management Education: individual and group sessions • Diabetes Support Group: meets monthly at ViQuest in Ahoskie • Diabetes Education in churches: available to churches in Gates County • Nutrition Education & Medical Nutrition Therapy: requires physician referral 	Diabetes Self-Mgmt.: sliding scale fee Support Group: Free Diabetes Ed.: Free Nutrition Ed.: sliding scale fee Locations vary











Graham County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.ncdhhs.gov/aging/livinghealthy/livinghealthy.htm	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
  	Graham County Cooperative Extension 828-479-7979 39 S Main St., Smith Howell Building, Robbinsville, NC 28771	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 19-session series • Families Eating Smart and Moving More • Active For Life • Empowerment: Facilitating a Path to Personal Self Care (for diabetes care) 	Free or small fee
	Graham County Health Department 828-479-7900 113 Moose Branch Rd., Robbinsville, N.C. 28771 http://www.grahamcounty.org/grahamcounty_departments_health.html	<ul style="list-style-type: none"> • Individual smoking cessation counseling available 	Call for more information






Granville County Resources

	Talk to...	What they offer.....	Other information...
 	Granville County Cooperative Extension 919-603-1350 208 Wall St., Oxford, NC 27565 http://granville.ces.ncsu.edu/	<ul style="list-style-type: none"> • New Leaf: offered once or twice per year • Families Eating Smart and Moving More • Cooking Classes 	Small fee
	Granville Medical Center Main: 919-690-3000 Meal and More Classes: 919-690-2159 1010 College St., Oxford, NC 27565 http://www.granvillemedical.com/GMC.htm	<ul style="list-style-type: none"> • Diabetes Self-Management Classes • Meal and More Classes: covers a different health topic each month 	Free
  	Granville Vance Health Department* Granville: 919-693-2141 101 Hunt Dr., Oxford, NC 27565 Vance: 252-492-7915 125 Charles Rollins Rd., Henderson, NC 27536 http://www.gvdhd.org	<ul style="list-style-type: none"> • Nutrition counseling • Pedometers • Diabetes Education Classes: offered about twice per year in each county (location alternates between Vance and Granville counties) 	Nutrition: Free Pedometers: \$15 Diabetes Ed: Free





Greene County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region P* 252-638-3185 jhardin@eccog.org Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563 http://www.eccog.org/document.asp?document_name=aaa	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free for ages 60+, small fee for those under 60 Locations vary
  	Greene County Cooperative Extension 252-747-5831 229 Kingold Blvd, Suite E, Snow Hill, NC 28580 http://greene.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More: 12-week program • Nutrition and Diabetes Program: 12-month program, meets once monthly • Steps to Health: 10-week program, for age 55+ 	Eat Smart: \$15 Nutrition and Diabetes: Free Steps to Health: Free
   	Greene County Health Department & Healthy Greene 252-747-8181 227 Kingold Blvd, Suite B, Snow Hill, NC 28580 http://www.co.greene.nc.us/Departments_Health.aspx	<ul style="list-style-type: none"> • Nutrition and Diabetes classes: offered once a month, in partnership with Greene County Health Care and Cooperative Extension • Kayak rentals: by the day or weekend • Eat Smart, Move More, Weigh Less classes • Freedom From Smoking classes 	Nutrition: Free Kayak: call for cost Eat Smart: \$10 Freedom: Free Locations vary
  	Greene County Senior Center 252-747-5436 104 Greenridge Rd., Snow Hill, NC 28580 http://www.co.greene.nc.us/Departments_Senior_Services.aspx	<ul style="list-style-type: none"> • Exercise room with variety of equipment • Exercise classes • Health education classes: topics include diabetes and nutrition, in partnership with Cooperative Extension 	Free Age 55+





Guilford County Resources

	Talk to...	What they offer.....	Other information...
	Allen Jay Recreation Center 336-883-3509 1073 E. Springfield Rd, High Point, NC 27263 http://www.high-point.net/pr/allenj.cfm	<ul style="list-style-type: none"> • AHOY Senior Exercise: exercise featuring chair aerobics; a great total body workout without leaving your chair; offered Mondays & Wednesdays • Jay Walkers: composed of adults age 50+ that walk indoors for fun and exercise; offered Monday-Friday 	Free
	Deep River Recreation Center 336-883-3407 1529 Skeet Club Rd., High Point, NC 27265 http://www.high-point.net/pr/deepriver.cfm	<ul style="list-style-type: none"> • AHOY-Silver Strides: group exercise for seniors; offered Mondays & Wednesdays • Zumba: fast and slow Latin dance moves that help burn calories, improve endurance and tone muscles 	AHOY: Free Zumba: \$5 per class
 	Guilford County Cooperative Extension 336-375-5876 3309 Burlington Rd., Greensboro, NC 27405 http://guilford.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 10 week program 	Eat Smart: \$25
	Guilford County Health Department Main: 336-641-7777 1203 Maple St., Greensboro, NC 27405 Health Education: 336-845-7720 or 336-845-7722 501 E Green Dr., High Point, NC 27260 http://www.co.guilford.nc.us/publichealth/	<ul style="list-style-type: none"> • Healthyguilford.com – on-line health information, walking routes, and more • Reach For Health 	Call for more information


Guilford County Resources

	Talk to...	What they offer.....	Other information...
 	Moses H. Cone Memorial Hospital Main: 336-832-7000 Stop Smoking: 336-832-2953 Diabetes Program: 336-832-8000 1200 N. Elm St., Greensboro, NC 27401 http://www.mosescone.com/body.cfm?xyzpdqabc=0&id=1551&registration=true&action=detail&ref=51	<ul style="list-style-type: none"> • Stop Smoking: learn about the benefits of quitting, approaches to quitting, emotional preparation, and medication and nicotine-replacement products • Diabetes – Myths and Facts: educational class 	Free
	Nathanael S. Morehead Recreation Center 336-883-3506 101 Price St, High Point, NC 27260 http://www.high-point.net/pr/morehead.cfm	<ul style="list-style-type: none"> • AHOY Exercise Program: video instructed seated and standing aerobics; offered Tuesdays & Thursdays • Walkers Club: seniors encouraged to come out and walk in air conditioned gym; 18 laps = 1 mile; available Tuesdays & Thursdays 	Free
	Oakview Recreation Center 336-883-3508 503 James Rd, High Point, NC 27265 http://www.high-point.net/pr/oakview.cfm	<ul style="list-style-type: none"> • AHOY Exercise: basic fitness classes offered to seniors ages 56+, to improve health and fitness; offered Tuesdays & Thursdays • Motown Style Ballroom Dancing: fun, energetic class to build fitness and meet new people; offered 3 times a year 	AHOY: Free Dance: \$8 per class









Guilford County Resources

	Talk to...	What they offer.....	Other information...
 	Roy B. Culler, Jr. Senior Center 336-883-3584 600 N. Hamilton St, High Point, NC 27262 http://www.high-point.net/pr/srcctr.cfm	<ul style="list-style-type: none"> • AHOY Adult Exercise: Exercises appropriate for Seniors to include gentle stretching, range of motion and light cardio movement/low impact aerobics; offered Mondays, Wednesdays, & Fridays • Blood Pressure Screenings: available every Monday • Bowling: join in on the fun every Monday • Cooking Classes: learn how to cook wonderful, light meals using simple recipes; each session last 4 weeks and is offered twice a year • Line Dancing: various line dances taught every Tuesday • Softball: seasonal softball games from April to July for those 55+ years old • Water Exercise: increases strength, endurance, balance, and flexibility; no need to get your hair wet; offered Mondays & Wednesdays 	Blood Pressure: Free Bowling: \$1 (fee includes shoes) Cooking: \$24 Water Exercise: \$15 per month
 	Women's Hospital of Greensboro Main: 336-832-6500 To register: 336-832-8000 801 Green Valley Rd., Greensboro, NC 27408 http://www.mosescone.com/body.cfm?xyzpdqabc=0&id=1551&registration=true&action=detail&ref=894	<ul style="list-style-type: none"> • Red Hot Mamas: bimonthly educational programs related to menopause and other midlife issues (including weight and exercise) 	Free Meets in Classrooms 5 and 6



Guilford County Resources

	Talk to...	What they offer.....	Other information...
	YWCA of Greensboro 336-273-3461 1 YWCA Place, Greensboro, NC 27401 http://www.ywca.org/site/pp.asp?c=imKWJdNXJtF&b=409233	<ul style="list-style-type: none"> • Variety of exercise classes available (most require membership) 	Membership fees apply, financial assistance available



Halifax County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region L* 252-234-5965 Upper Coastal Plain Council of Governments, 121 W. Nash St., Wilson, NC 27894 http://www.ucpcog.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary For ages 55+
  	Halifax County Cooperative Extension 252-583-5161 359 Ferrell Lane, Halifax, NC 27839 http://halifax.ces.ncsu.edu/	<ul style="list-style-type: none"> • Women Living Healthy, Women Living Well • Give Your Heart a Healthy Beat: 4-6 weeks • Families Eating Smart and Moving More: 4-sessions • Dining with Diabetes: 4 weeks 	Give your Heart: \$10 Dining: \$10 Others: Free Locations vary
   	Halifax County Health Department & Healthy Halifax Partners 252-583-5021 19 North Dobbs St., Halifax, NC, 27839 http://www.halifaxnc.com/healthdept.cfm	<ul style="list-style-type: none"> • Healthy Halifax Partners: resources for physical activity, nutrition, diabetes, and tobacco cessation • Diabetes Support Group Classes: offered monthly at 4 locations • Weight management classes • Eat Smart, Move More, Weigh Less • Monthly nutrition and health education presentations • Blood pressure screenings 	Free Call for availability Locations vary






Halifax County Resources

	Talk to...	What they offer.....	Other information...
	<p>Halifax Regional Medical Center: Halifax Health Link Medical Center: 252-535-8011 250 Smith Church Rd., Roanoke Rapids, NC 27870 http://www.halifaxmedicalcenter.org/ Halifax HealthLink: 252-535-4334 Becker Village Mall, 1620 East 10th St., Suite 129, Roanoke Rapids, NC 27870 http://www.halifaxmedicalcenter.org/healthlink.html</p>	<ul style="list-style-type: none"> • Halifax HealthLink: <ul style="list-style-type: none"> • Gentle Fitness exercise class • Diabetes support groups: both meet monthly (252-535-8276 for more info), one presented by Rural Health Group and the Health Department (252-536-5000 for more info) • Special events on health topics 	<p>Gentle Fitness: Free Diabetes groups: Free</p>
	<p>Jo Story Senior Center Sr. Center: 252-533-2849 TOPS: 252-537-4015 701 Jackson St., Roanoke Rapids, NC 27870 http://www.roanokerapidsnc.com/parkrec/jostory.html</p>	<ul style="list-style-type: none"> • Exercise classes, bowling, mall walking, weight loss support group • Health education sessions offered periodically • TOPS Club – weight loss support group meets weekly on Wednesday mornings 	<p>Free For adults 55+</p>




Halifax County Resources

	Talk to...	What they offer.....	Other information...
	Roanoke Rapids Parks and Recreation Department 252-533-2847 http://www.roanokerapidsnc.com/parkrec/	<ul style="list-style-type: none"> • Sports leagues • Aquatic Center: swimming lessons, fitness classes, open or lap swim • Recreation centers: exercise classes, ping pong, basketball, Walkercise • Senior centers • City parks: open space for activities, tennis court, basketball court, baseball/softball fields, horseshoe pits, walking trails 	Fees and locations vary
	Rural Health Group* Lake Gaston: 252-586-5411 108 North Mosby Ave., Littleton, NC 27850 Roanoke Rapids: 252-536-5000 2066 Hwy 125, Roanoke Rapids, NC 27870 Scotland Neck: 252-826-3143 919 Jr. High School Rd., Scotland Neck, NC 27874 Twin County: 252-586-5151 204 Evans Rd., Hollister, NC 27844 http://www.rhgnc.org	<ul style="list-style-type: none"> • Self-Management Education for pre-diabetes, diabetes, hypertension, obesity, etc. • Monthly support groups: on various topics, offered in partnership with the Health Department in some counties 	Free Locations vary





Harnett County Resources

	Talk to...	What they offer.....	Other information...
	Angier Parks and Recreation 919-639-6567 245 East Williams St., Angier, NC 27501 http://www.angier.org/parkrec/	<ul style="list-style-type: none"> • Angier Community Walking Program: info on walking trails, Community Walking Logs • Parks, disk golf course, multi-purpose field, ball fields 	Walking Program: Free
	Betsy Johnson Regional Hospital Main: 910-892-1000 Freedom From Smoking: ext. 4111 800 Tilghman Drive, Dunn, NC 28334 http://www.bjrh.org/freedom_smoking.php	<ul style="list-style-type: none"> • Community education and outreach on tobacco • Freedom From Smoking: smoking cessation classes, eight one-hour sessions 	Freedom: \$40, location may vary
	Harnett County Cooperative Extension 910-893-7530 126 Alexander Dr., Lillington, NC 27546-1089 http://harnett.ces.ncsu.edu/	<ul style="list-style-type: none"> • Faithful Families: nutrition program for churches 	Free
 	Harnett County Health Department Main: 910-893-7550 Health Education: 910-814-6198 307 W Cornelius Harnett Blvd., Lillington, NC 27546 http://www.harnett.org/health/	<ul style="list-style-type: none"> • Freshstart Stop Smoking Program: 4-class series • Info on walking trails 	Freshstart: Free call for availability







Haywood County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions 	Free Locations vary
	Haywood County Cooperative Extension 828-456-3575 589 Raccoon Rd., Suite 118, Waynesville, NC 28786 http://haywood.ces.ncsu.edu/	<ul style="list-style-type: none"> • Nutrition programs available for groups upon request • Post-holiday program: to help people return to healthy habits after the holidays, offered annually 	Nutrition programs: Free Post-holiday program: \$15
	Haywood County Health Department & Healthy Haywood 828-452-6675 2177 Asheville Rd., Waynesville, NC 28786 http://www.haywoodnc.net/index.php?option=com_content&view=article&id=92&Itemid=87 http://www.healthyhaywood.org/	<ul style="list-style-type: none"> • Fitness Finder booklets: list of fitness resources • Haywood County Fitness Challenge: 8-week challenge, takes place annually in the Spring, cost includes use of several fitness centers, includes nutrition information sessions 	Booklets: Free Fitness Challenge: \$10





Haywood County Resources

	Talk to...	What they offer.....	Other information...
   	Haywood Regional Medical Center: Health & Fitness Center 828-452-8080 or 828-456-7311 262 Leroy George Dr., Clyde, NC 28721 http://www.haymed.org/	<ul style="list-style-type: none"> • Freedom From Smoking classes: 6-week class, offered about 3 times per year • Real Life Weight Management: 8-week class • Diabetes Support Group: meets monthly • Fitness Center: fitness equipment, group classes • Wellness Presentations: offered monthly at the Fitness Center, topics include nutrition, weight loss, disease prevention, stress management, etc. 	Freedom: \$25 Real Life: \$85 Support Group: Free Fitness Center: sliding scale fee Wellness Presentations: Free








Henderson County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region B* 828-251-7438 Rebecca@landofsky.org Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806 http://www.landofsky.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
  	Henderson County Cooperative Extension 828-697-4891 740 Glover St., Henderson County Center, Hendersonville, NC 28792 http://henderson.ces.ncsu.edu/	<ul style="list-style-type: none"> • My Pyramid education • Families Eating Smart and Moving More • Women Living Healthy, Women Living Well • Eat Smart, Move More, Weigh Less • Dining with Diabetes 	Free
	Henderson County Health Department 828-692-4223 1200 Spartanburg Hwy., Suite 100, Hendersonville, NC 28792 http://www.hendersoncountync.org/health/	<ul style="list-style-type: none"> • Diabetes classes 	Call for more information
	Henderson County Parks and Recreation 828-697-4884 801 Glover St., Hendersonville, NC 28792 http://www.hendersoncountync.org/rec/index.html	<ul style="list-style-type: none"> • Parks and Activity Centers: trails, sports fields and courts 	Call for more information








Henderson County Resources

	Talk to...	What they offer.....	Other information...
	The Free Clinics 828-697-8422 506 Park Hill Court, Hendersonville, NC 28740 http://www.thefreeclinics.org/	<ul style="list-style-type: none"> • Diabetes education: 4-classes over several weeks • Diabetic Life Management Program: must be referred by PCP, usually 6 month program 	Free
 	Pardee Hospital Main: 828-696-1000 800 North Justice St., Hendersonville, NC 28791 Pardee Health Education Center: 828-692-4600 Blue Ridge Mall, Hendersonville, NC http://www.pardeehospital.org/	<ul style="list-style-type: none"> • Fitness classes: low-impact aerobics, Tai Chi, strength training, Nia • Diabetes Support Group: meets the first and third Wednesday of each month 	Fitness classes: small fee Diabetes Group: Free Locations vary
	Western Carolina Community Action* Henderson county: 828-693-1711 or 866-670-WCCA (9222) 220 King Creek Blvd., Hendersonville, NC 28793 Transylvania county: 828-884-3219 Community Services Building, 203 E Morgan St., Brevard, NC 28712 http://www.wcca.net/	<ul style="list-style-type: none"> • Gardens Program: seeds, plants, and fertilizer available from WCCA for low-income families and individuals 	Free







Hertford County Resources

	Talk to...	What they offer.....	Other information...
 	Hertford County Cooperative Extension 252-358-7822 301 W Tryon St., Winton, NC 27986 http://hertford.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Families Eating Smart and Moving More • Steps to Health 	Small fee
  	Hertford County Public Health Authority (Health Department) Winton office: 252-358-7833 801 North King St., Winton, NC 27986 Ahoskie office: 252-862-4054 828 South Academy St., Ahoskie, NC 27910 http://www.hertfordpublichealth.com/	<ul style="list-style-type: none"> • Shears for Health: diabetes education/resources in African-American-run barbershops and salons • Northeastern Carolina Diabetes Self-Management Center: individual/group counseling and support groups • Medical Nutrition Therapy 	Call for more information
 	Roanoke Chowan Community Health Center* Corporate office: 252-209-0237 113 Hertford County High Rd., Ahoskie, NC 27910 Ahoskie office: 252-332-3548 240 S. Academy St., Ahoskie, NC 27910 Colerain office: 252-356-2404 109 W. River St., Colerain, NC 27924 Murfreesboro office: 252-398-3323 305 Beechwood Blvd., Murfreesboro, NC 27855 http://www.rcchc.org/	<ul style="list-style-type: none"> • Diabetes Self-Management Education: individual and group sessions • Diabetes Support Group: meets monthly at ViQuest in Ahoskie • Diabetes Education in churches: available to churches in Gates County • Nutrition Education & Medical Nutrition Therapy: requires physician referral 	Diabetes Self-Mgmt.: sliding scale fee Support Group: Free Diabetes Ed.: Free Nutrition Ed.: sliding scale fee Locations vary









Hoke County Resources

	Talk to...	What they offer.....	Other information...
   	FirstHealth of the Carolinas* Community Health: 877-342-2255 Diabetes Education: 910-255-3694 Support Groups: 910-715-5266 http://www.firsthealth.org/Health%20Services/Community%20Health http://www.firsthealth.org/health_services/diabetes	<ul style="list-style-type: none"> • FirstQuit: six-month program for smoking cessation includes small-group meeting, individual counseling, medications, and weekly support groups • Healthy Living in the Mid-Carolinas: <ul style="list-style-type: none"> • Active Living Every Day: 14-20 weekly sessions • Healthy Eating Every Day: 14-20 weekly sessions 	FirstQuit: sliding scale fee (up to \$50) All others: Free Locations vary
 	Hoke County Cooperative Extension 910-875-3461 116 W Prospect Ave., Raeford, NC 28376 http://hoke.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 16-week program • Dining with Diabetes 	Small fee
	Hoke Parks and Recreation 910-875-4035 423 E. Central Ave., Raeford, NC 28376 http://www.hokecounty.org/parksandrec.htm	<ul style="list-style-type: none"> • Co-Rec sports leagues: softball, basketball, volleyball • Senior Programs: bowling, dance classes, etc. 	Call for more information







Hyde County Resources

	Talk to...	What they offer.....	Other information...
 	Hyde County Cooperative Extension 252-926-4486 30 Oyster Creek Rd., Hyde County Government Center, Swan Quarter, NC 27885 http://hyde.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less 	Call for cost
   	Hyde County Health Department 252-926-4399 or 252-926-4200 1151 Main St., Swan Quarter, NC 27885 http://www.hydehealth.com/	<ul style="list-style-type: none"> • Educational materials available on a variety of topics 	Free




Iredell County Resources

	Talk to...	What they offer.....	Other information...
   	Ada Jenkins Center* 704-896-0471 212 Gamble St., Davidson, NC http://www.adajenkins.org/	<ul style="list-style-type: none"> • Free Clinic of Our Towns: materials, education, and screening provided by Community Health Nurse • Community Nurse Ministry: health education and counseling 	Free
	Centralina Area Agency on Aging (Region F)* 704-372-2416 or 704-348-2712 Lmiller@centralina.org Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235 http://www.centralina.org/aaadefault.htm	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
  	Iredell County Cooperative Extension 704-873-0507 444 Bristol Dr., Room 110, Statesville, NC 28677 http://iredell.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12 weekly classes • Eat Smart, Move More, Stay Well: focused on managing chronic conditions, 3-hour workshop or two 1 1/2 hour sessions • Eating Smart with Diabetes: 3-hour workshop or two 1 1/2 hour sessions • Dining with Diabetes: 3-class series • Living Healthy with Chronic Conditions: in partnership with the Centralina Area Agency on Aging • Families Eating Smart and Moving More: 4 modules, offered alone or in series 	Eat Smart: \$12 Dining with Diabetes: \$10 All others: Free





Iredell County Resources

	Talk to...	What they offer.....	Other information...
	Iredell County Health Department Statesville office: 704-878-5300 318 Turnersburg Highway, Statesville, NC 28625 Mooresville office: 704-664-5281 610 East Center Ave., Mooresville, NC 28115 http://www.co.iredell.nc.us/Departments/Health/health.asp	<ul style="list-style-type: none"> • Fresh Start smoking cessation classes 	Free
  	Iredell Health System Main: 704-873-5661 Diabetes Program: 704-878-4556 Spirit of Women: 704-878-7447 557 Brookdale Dr, Statesville, NC 28677 http://www.iredellmemorial.org/default.aspx Diabetes: http://www.iredellmemorial.org/Diabetes/ Spirit of Women: http://www.iredellmemorial.org/SpiritofWomen	<ul style="list-style-type: none"> • Diabetes Programs: helping patients understand diabetes, adjust emotionally, and maintain good nutrition • Spirit of Women: programs available on diabetes, heart disease, and other topics 	Diabetes: Financial assistance for those who qualify Spirit: price varies
 	Lake Norman Regional Medical Center Main: 704-660-4000 Diabetic and Smoking programs: 704-660-4859 171 Fairview Rd., Mooresville, NC 28117 http://www.lnrmc.com	<ul style="list-style-type: none"> • Diabetic Support Group: meets on the fourth Tuesday of each month at noon • Smoking Cessation Classes: offered periodically 	Locations vary



Iredell County Resources

	Talk to...	What they offer.....	Other information...
	Mooreville Recreation Department 704-663-7026 220 North Maple Street, Morresville, NC 28115 http://www.ci.mooreville.nc.us/recreation/index.html	<ul style="list-style-type: none"> • Variety of exercise/dance/sports activities available 	Free or small fee Activity locations vary
 	YMCA of Iredell County YMCA of Iredell County: 704-873-9622 828 Wesley Dr., Statesville, NC 28677 YMCA of Barium Springs: 704-883-0780 122 Grannis Lane, Statesville, NC 28677 http://www.ymcairedell.org/	<ul style="list-style-type: none"> • Fitness and nutrition classes available 	Fees vary, financial assistance available







Jackson County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
	Harris Regional Hospital Main: 828-586-7000 Diabetes Education: 828-586-7734 68 Hospital Rd, Sylva, NC 28779	<ul style="list-style-type: none"> • Diabetes Education Classes: 3 hr diabetes education classes offered twice a month 	Call for cost
 	Highlands-Cashiers Hospital* Main: 828-526-1200 Health Tracks: 828-526-1FIT (526-1348) 190 Hospital Dr., Highlands, NC 28741 http://highlandscashiershospital.org/healthtracks.htm	<ul style="list-style-type: none"> • Health Tracks: <ul style="list-style-type: none"> • Exercise and tobacco cessation classes available to members and the public • Freedom From Smoking: offered in Spring and Summer, weekly meetings in 2 month sessions 	Exercise: \$8-10/class Freedom: \$50 Locations vary






Jackson County Resources

	Talk to...	What they offer.....	Other information...
	Jackson County Cooperative Extension 828-586-4009 538 Scotts Creek Rd., Suite 205, Sylva, NC 28779 http://jackson.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12-15 week series • Families Eating Smart and Moving More: 1-4 sessions • Women Living Healthy, Women Living Well: 1 session • Dining with Diabetes: 4 sessions, offered in partnership with the Health Department • The Healthy Diabetes Plate: 3-4 sessions, offered in partnership with the Health Department 	Eat Smart: \$10 Dining with Diabetes: about \$5 Healthy Diabetes Plate: about \$5 All others: Free
	Jackson County Health Department 828-586-8994 538 Scotts Creek Road, Suite 100, Sylva, NC 28779 http://health.jacksonnc.org/	<ul style="list-style-type: none"> • Medical Nutrition Therapy (MNT): Nutrition consultations for medical conditions or weight management • Life Savor's-Diabetes Self-Management Education (DSME) • NC ADA Recognition Program: year long program 	Sliding scale fees









Johnston County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region J* 919-558-9341 Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
  	Johnston County Cooperative Extension 919-989-5380 2736 NC 210 Hwy, Smithfield, NC 27577 http://johnston.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15 weekly classes, then monthly maintenance classes • Take Charge of Your Diabetes: 5 weekly sessions 	Eat Smart: \$25 Take Charge: \$10
 	Johnston County Health Department & Living Well Partnership of Johnston County 919-989-5200 517 N. Brightleaf Blvd., Smithfield, NC 27577 http://www.johnstonnc.com/mainpage.cfm?category_level_id=450&content_id=3257	<ul style="list-style-type: none"> • Fresh Start: series of 4 smoking cessation classes, each 1 hour in length 	Free





Jones County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region P* 252-638-3185 jhardin@eccog.org Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563 http://www.eccog.org/document.asp?document_name=aaa	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free for ages 60+, small fee for those under 60 Locations vary
	Jones County Cooperative Extension 252-448-9621 110 S Market St., Trenton, NC 28585 http://jones.ces.ncsu.edu/	<ul style="list-style-type: none"> • Nutrition education programs: available upon request 	Free or small fee
 	Jones County Health Department 252-448-9111 418 Hwy 58 North, Trenton, NC 28585 http://www.jonescountyhealth.com/	<ul style="list-style-type: none"> • MIRACLE: Diabetes education program, includes individual sessions for people with Diabetes or at risk for diabetes • Smoking cessation classes 	Free
	Jones County Recreation http://www.co.jones.nc.us/recreation.htm	<ul style="list-style-type: none"> • Information about recreational activities in Jones County 	Free website








Lee County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region J* 919-558-9341 Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
	Central Carolina Hospital The Enrichment Center: 919-776-0501 1615 South 3rd St., Sanford, NC 27330	<ul style="list-style-type: none"> • Diabetes Support Group: meets the first Wednesday of each month at the Enrichment Center 	Free
 	Lee County Cooperative Extension 919-775-5624 2420 Tramway Rd., Sanford, NC 27332 http://lee.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 13 wkly weight management classes, offered once per year 	Cost varies
 	Lee County Enrichment Center 919-776-0504 ext. 201 1615 S. Third St., Sanford, NC 27330 http://www.leecountync.gov/departments/senior-services/	<ul style="list-style-type: none"> • Fitness room • Yoga class: offered twice weekly • Low impact aerobics: class offered 4 times weekly • Diabetes Support Group 	Fitness room: \$1/day Yoga: \$15/month Aerobics: \$10/month For seniors only
 	Lee County Health Department 919-718-4640 106 Hillcrest Dr., Sanford, NC 27331 http://www.leecountync.gov	<ul style="list-style-type: none"> • Health education presentations available 	Call for more information









Lenoir County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region P* 252-638-3185 jhardin@eccog.org Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563 http://www.eccog.org/document.asp?document_name=aaa	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free for ages 60+, small fee for those under 60 Locations vary
	Lenoir County Cooperative Extension 252-527-2191 1791 NC Highway 11 55, Kinston, NC 28504 http://lenoir.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Adult Expanded Food and Nutrition Education Program 	Free
	Lenoir Memorial Hospital Main: 252-522-7000 Minges Wellness Center: 252.522.7014 Diabetes Center: 252-522-7616 Diabetes Support Group: 252-523-1593 100 Airport Rd., Kinston, NC 28501 http://www.lenoirmemorial.com/	<ul style="list-style-type: none"> • Wellness Talks: held periodically on a variety of topics • QuitSmart Smoking Cessation • Community Diabetes Nutrition Series: offered monthly • Diabetes Support Group: meets on the third Thursday of each month 	QuitSmart: \$50, partial scholarships available Diabetes Series and Support Group: Free
	Kinston / Lenoir County Parks and Recreation Department 252-939-3332 http://www.kinstonrec.com/	<ul style="list-style-type: none"> • Facilities: parks, pool, gymnastics center, tennis courts, volleyball courts, ball fields, basketball courts, weight room, etc. • Variety of fitness classes available 	Costs and locations vary





Lincoln County Resources

	Talk to...	What they offer.....	Other information...
 	Centralina Area Agency on Aging (Region F)* 704-372-2416 or 704-348-2712 Lmiller@centralina.org Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235 http://www.centralinaaging.org/Consumers/ebhp.htm	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties • Walk with Ease: helpful for older adults who find it difficult to maintain a regular exercise schedule 	Free Locations vary
  	Lincoln County Cooperative Extension 704-736-8452 115 W Main St., Lincolnton, NC 28092 http://lincoln.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move, More, Weigh Less: 12-week program • Cook Smart, Eat Smart: 4-session series, nutrition information and hands-on demonstration • Programs dealing with diabetes, heart health, etc. 	Eat Smart: \$10 Cook Smart: Free Diabetes: \$5
	Lincoln County Health Department 704-735-3001 151 Sigmon Rd., Lincolnton, NC 28092 http://www.lincolncounty.org/	<ul style="list-style-type: none"> • Chronic disease care (diabetes, hypertension, high cholesterol, etc.): includes education and clinical follow up 	Chronic disease care: sliding scale fee
	Lincoln County Parks and Recreation Department 704-748-1518 105A East Court Square, Lincolnton, NC 28092 http://www.co.lincoln.nc.us/index.aspx?nid=129	<ul style="list-style-type: none"> • Variety of sports/dance/exercise/walking activities available at several locations 	Free or small fee





Macon County Resources

	Talk to...	What they offer.....	Other information...
 	Angel Medical Center Main: 828-524-8411 Smoking Cessation & Diabetes Support: 828-369-4181 Diabetes Management: 828-369-4166 120 Riverview Street, Franklin, NC 28734 http://www.angelmed.org/classes-groups.asp	<ul style="list-style-type: none"> • Freedom from Smoking Program • Diabetes Management Services • Diabetes Support Group: 4th Monday of each month • Cancer Support Group: 2nd Thursday of each month 	Call for cost and availability
	Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
 	Highlands-Cashiers Hospital* Main: 828-526-1200 Health Tracks: 828-526-1FIT (526-1348) 190 Hospital Dr., Highlands, NC 28741 http://highlandscashiershospital.org/healthtracks.htm	<ul style="list-style-type: none"> • Health Tracks: <ul style="list-style-type: none"> • Exercise and tobacco cessation classes available to members and the public • Freedom From Smoking: offered in Spring and Summer, weekly meetings in 2 month sessions 	Exercise: \$8-10/class Freedom: \$50 Locations vary
  	Macon County Cooperative Extension 828-349-2046 193 Thomas Heights Rd., Franklin, NC 28734 http://macon.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Dining with Diabetes: available to groups upon request 	Eat Smart: \$5


Macon County Resources

	Talk to...	What they offer.....	Other information...
  	Macon County Health Department Franklin or Highlands: 828-349-2081 Nantahala: 828-321-5961 1830 Lakeside Drive, Franklin, NC 28734 http://www.maconnc.org/healthdept/nutrition.html	<ul style="list-style-type: none"> • Educational materials available • Counseling for individual clients and programs for groups 	Ed. materials: Free Counseling: varies Smoke-free list: Free
	Macon County Parks and Recreation Department 828-349-2090 1288 Georgia Rd., Franklin, NC 28734 http://www.maconnc.org/parks	<ul style="list-style-type: none"> • Sports fields, pool, tennis courts, walking trails, volleyball court, horseshoe areas, shuffleboard courts, multi-use fields, greenway • Activities: dance, badminton, table tennis, bowling 	Call for locations and costs









Madison County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region B* 828-251-7438 Rebecca@landofsky.org Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806 http://www.landofsky.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
	Madison County Cooperative Extension 828-649-2411 258 Carolina Lane, Marshall, NC 28753 http://madison.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Women Living Healthy, Women Living Well • Families Eat Smart and Moving More 	Eat Smart: \$25 Others: Free
	Madison County Health Department 828-649-3531 493 Medical Park Dr., Marshall, NC 28753 http://www.madisoncountync.org/-health.html	<ul style="list-style-type: none"> • Living Healthy: Chronic Disease Self Management Program, 6-week course, offered twice per year, for anyone with a chronic condition such as diabetes • Smoking cessation counseling available 	Living Healthy: Free Smoking counseling: sliding scale fee
	Madison County Parks and Recreation 828-649-3635 5707 Hwy 25/70, Suite E, Room 15, Marshall, NC 28753 Wellness Center: 5738 Hwy 25/70, Marshall, NC 28753 Beech Glen Community Center: 2936 Beech Glen Rd., Mars Hill, NC 28754 http://www.madisoncountync.org/-parks.html	<ul style="list-style-type: none"> • Wellness Center: walking program, open gym times • Family basketball at Beech Glen Community Center: Fridays at 6:30pm, for adults and children age 6+ • Walking trails, parks, community centers, sports fields/courts 	Wellness Center: Free Family basketball: \$1/child, \$2/adult Locations vary






Madison County Resources

	Talk to...	What they offer.....	Other information...
	Mars Hill College 828-689-1595 or 828-689-1187 http://www.mhc.edu/studentlife/fitness/index.asp	<ul style="list-style-type: none"> • Harrell Pool: indoor pool, showers and locker rooms • Open swim for the public: Mon/Wed 6-8pm • Water aerobics: Tue/Thu 10-11am, Mon/Wed 11am-12pm, Tue/Thu 6-7pm 	Open swim: \$3 Water aerobics: fees vary





Martin County Resources

	Talk to...	What they offer.....	Other information...
 	Martin County Cooperative Extension 252-789-4370 104 Kehukee Park Rd., Williamston, NC 27892 http://martin.ces.ncsu.edu/	<ul style="list-style-type: none"> • Women Living Healthy, Women Living Well: interactive CD with 5 sessions • Eat Smart, Move More, Weigh Less: 10-12 week program 	Free
	Martin General Hospital 252-809-6300 310 S McCaskey Rd., Williamston, NC 27892 http://www.martingeneral.com/	<ul style="list-style-type: none"> • Diabetes Education: offered once per month 	Free
   	Martin-Tyrrell-Washington District Health Department* Main: 252-793-1619 Smoking Cessation: 252-791-3139 210 West Liberty St., Williamston, NC 27892 http://www.mtwdistricthealth.org/healtheducation.htm	<ul style="list-style-type: none"> • Freedom From Smoking: meets weekly for 8 weeks, available if enough people are interested • Programs may be available for physical activity, nutrition, or diabetes 	Call for more information Locations vary
	Town of Williamston Parks and Recreation 252-792-7042 http://www.townofwilliamston.com/NewSite/Government/Rec%20Dept_Facilities.asp	<ul style="list-style-type: none"> • Facilities: parks, sports fields, tennis courts, paved walking/biking trail, basketball courts, boardwalk and boat landing • Gaylord Perry Center: indoor gym and fitness rooms 	Costs and locations vary




McDowell County Resources

	Talk to...	What they offer.....	Other information...
  	McDowell County Cooperative Extension 828-652-7874 60 E Court St., Marion, NC 28752 http://mcdowell.ces.ncsu.edu/	<ul style="list-style-type: none"> • Programs on physical activity and nutrition available • Information available about Diabetes 	Call for more information
	McDowell County Recreation Department 828-652-3001 25 Academy St., Marion, NC 28752 http://www.mcdowellgov.com/index.asp?Type=BASIC&SEC={85764B02-9062-45D9-9E34-89DE5165304A}	<ul style="list-style-type: none"> • Adult sports leagues • Recreation Center: outdoor swimming pool, skate park, gym • Parks: walking trails, sports fields and courts, batting cages 	Call for more information
 	McDowell Hospital 828-659-5000 Nutrition Services Department: 828-659-5157 430 Rankin Dr., Marion, NC 28752 http://www.mcdhospital.org/	<ul style="list-style-type: none"> • Diabetes education: individual counseling and monthly group classes • Medical nutrition therapy 	Call for cost information
	Rutherford-Polk-McDowell District Health Department* McDowell: 828-652-6811 140 Spaulding Rd., Marion, NC 28752 Polk: 828-894-8271 161 Walker St., Columbus, NC 28722 Rutherford: 828-287-6101 221 Callahan-Koon Rd., Spindale, NC 28160 http://www.rpmhd.org/	<ul style="list-style-type: none"> • Smoking cessation classes: meets weekly for 6 weeks, offered twice a year (McDowell) 	Free











Mecklenburg County Resources

	Talk to...	What they offer.....	Other information...
   	Ada Jenkins Center* 704-896-0471 212 Gamble St., Davidson, NC http://www.adajenkins.org/	<ul style="list-style-type: none"> • Free Clinic of Our Towns: materials, education, and screening provided by Community Health Nurse • Community Nurse Ministry: health education and counseling 	Free ID required






Mecklenburg County Resources

	Talk to...	What they offer.....	Other information...
  	Carolinas Medical Center University LiveWELL Carolinas!: 704-494-2237 Mall Walkers Club: 1-800-456-7488 6801 Northlake Mall Drive, Lower Level, near Entry 3, Charlotte, NC 28216 http://www.cmc-university.org/body.cfm?id=67	<ul style="list-style-type: none"> • Mall Walkers Club and Seminars (Northlake Mall and South Park Mall): monthly health seminar with guest speaker (both locations), free T-shirt and pedometer at first meeting (at Northlake) • Diabetes Management Series (Northlake Mall): series addresses a variety of topics related to diabetes management – from nutrition to healthy cooking and exercise • Grocery Store Tour with the Dietitian: available monthly at Trader Joe's at 1820 E. Arbors Drive; learn to read labels and identify healthy foods • Healthy Cooking Demos • Variety of group exercise and nutrition classes • *Weight Loss for Life: 6 month series designed to modify lifestyles to help reach and maintain weight loss goals • *Weight Loss Counseling: work with a Registered Dietitian to help you achieve your goals, available every Monday by appointment 	Most Programs: Free *Weight Loss for Life & Weight Loss Counseling: fees apply Locations vary




Mecklenburg County Resources

	Talk to...	What they offer.....	Other information...
	Centralina Area Agency on Aging (Region F)* 704-372-2416 or 704-348-2712 Lmiller@centralina.org Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235 http://www.centralina.org/aaadefault.htm	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
   	Mecklenburg County Health Department 704-336-4700 249 Billingsley Rd., Charlotte, NC 28211 704-336-6400 2845 Beatties Ford Rd., Charlotte, NC 28216 http://www.charmeck.org/Departments/Health+Department/DoNotMigrate/Home.htm	<ul style="list-style-type: none"> • Variety of individual and group education on exercise, nutrition, tobacco, and diabetes 	Call for cost and availability
   	SupportWorks 704-331-9500 http://www.supportworks.org/	<ul style="list-style-type: none"> • List of support groups in Charlotte and surrounding area, available online or by phone • For Overeaters Anonymous info for Charlotte and surrounding area: 704-331-9500 access # 742 	Free
	YWCA Central Carolinas 704-525-5770 3420 Park Rd., Charlotte, NC 28209 http://www.ywcacentralcarolinas.org/	<ul style="list-style-type: none"> • Variety of exercise classes available 	Call for costs, financial assistance available






Mitchell County Resources

	Talk to...	What they offer.....	Other information...
  	Blue Ridge Regional Hospital* Nutrition: 828-766-1860 fax: 828-765-0824 125 Hospital Dr., Spruce Pine, NC 28777 Fitness Center: 828-678-3488 155 Love Fox Rd., Burnsville, NC 28714	<ul style="list-style-type: none"> • Nutrition consultations: for diabetes or weight management • Fitness Center: fitness equipment and classes 	Nutrition: call for cost Physician referral required Fitness Center: \$10 daily walk-in fee, \$7 classes, \$20 walking club
 	Mitchell County Cooperative Extension Contact: Beverly Nelson 828-688-4811 10 S Mitchell Ave., Bakersville, NC 28705 http://mitchell.ces.ncsu.edu/	<ul style="list-style-type: none"> • Group classes available in on a variety of health topics, including diabetes prevention, weight loss, diet, blood pressure, understanding cholesterol, reducing cancer risk through diet, and depression and anxiety 	Free











Montgomery County Resources

	Talk to...	What they offer.....	Other information...
	FirstHealth of the Carolinas* Community Health: 877-342-2255 Diabetes Education: 910-255-3694 Support Groups: 910-715-5266 http://www.firsthealth.org/Health%20Services/Community%20Health http://www.firsthealth.org/health_services/diabetes	<ul style="list-style-type: none"> • FirstQuit: six-month program for smoking cessation includes small-group meeting, individual counseling, medications, and weekly support groups • FirstQuit Support Group: weekly (Moore county) • Healthy Living in the Mid-Carolinas: <ul style="list-style-type: none"> • Active Living Every Day: 14-20 weekly sessions • Healthy Eating Every Day: 14-20 weekly sessions • Diabetes Education (Montgomery county) 	FirstQuit: sliding scale fee (up to \$50) All others: Free Locations vary
	Montgomery County Health Department 910-572-1393 217 South Main St., Troy, NC 27371 http://www.montgomerycountync.com/health_department.html	<ul style="list-style-type: none"> • Health Education: individual and group classes available on a variety of topics 	Call for more information
	Montgomery County Parks and Recreation & Town of Biscoe Parks & Recreation 910-428-4112 Mill St., Troy, N.C. 27371 http://www.montgomerycountync.com/parks_and_recreation.html	<ul style="list-style-type: none"> • Parks, swimming pool, tennis courts, basketball goals, lighted walking trail, volleyball courts, horseshoe pits, baseball fields 	Parks: Free Pool: \$2


Moore County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region J* 919-638-2736 tsangster@tjcog.org Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
   	FirstHealth of the Carolinas* Community Health: 877-342-2255 Diabetes Education: 910-255-3694 Support Groups: 910-715-5266 http://www.firsthealth.org/Health%20Services/Community%20Health http://www.firsthealth.org/health services/diabetes	<ul style="list-style-type: none"> • FirstQuit: six-month program for smoking cessation includes small-group meeting, individual counseling, medications, and weekly support groups • FirstQuit Support Group: weekly (Moore county) • Healthy Living in the Mid-Carolinas: <ul style="list-style-type: none"> • Active Living Every Day: 14-20 weekly sessions • Healthy Eating Every Day: 14-20 weekly sessions • Diabetes Support Group: monthly (Moore county) 	FirstQuit: sliding scale fee (up to \$50) All others: Free Locations vary







Nash County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region L* 252-234-5965 Upper Coastal Plain Council of Governments, 121 W. Nash St., Wilson, NC 27894 http://www.ucpcog.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary For ages 55+
   	Nash County Health Department Nashville office: 252-459-9819 214 S. Barnes St., Nashville, NC 27856 Rocky Mount branch: 252-446-0027 322 S. Franklin St., Rocky Mount, NC 27804 http://www.health.co.nash.nc.us/Hed_Topics.htm	<ul style="list-style-type: none"> • Diabetes Self-Management Program • Nutrition consultation with Dietitian • Education on smoking cessation, exercise, nutrition, and diabetes available on request 	Free or sliding scale fee
  	Nash General Hospital Main: 252-443-8000 To register for classes: 252-443-8891 2460 Curtis Ellis Dr., Rocky Mount, NC 27804 http://www.nhcs.org/	<ul style="list-style-type: none"> • Educational classes on nutrition and diabetes • Smoking cessation classes: 6-week session 	Educational classes: Free Smoking cessation: \$50
 	Rocky Mount Parks and Recreation* 252-972-1151 http://www.rockymountnc.gov/parks/	<ul style="list-style-type: none"> • Adult athletic leagues, parks, paddle and walking trails, outdoor excursions, gym, community centers, sports complex, pool, classes and workshops • Booker T. Washington Community Center: aerobics classes, Diabetes Seminar, exercise facilities • South Rocky Mount Community Center: walking track, indoor gym, exercise class for seniors 	Pool: \$2 Diabetes Seminar: Free Costs and locations vary




Nash County Resources

	Talk to...	What they offer.....	Other information...
	Rocky Mount Senior Center* 252-972-1152 427 South Church St., Rocky Mount, NC 27804 http://www.rockymountnc.gov/parks/senior.html	<ul style="list-style-type: none"> • Gym Walkers program: indoor walking area • Outdoor track: 1 mile track available • Open Swim: available at select times • Variety of physical activity classes available: water aerobics, Senior Stretch, yoga, tai chi, etc. • Diabetes workshops: offered quarterly, must pre-register • Fitness Center: variety of exercise equipment available for a monthly fee • For adults 55+ 	Gym Walkers: Free Outdoor track: Free Open Swim: \$2 Classes: costs vary Diabetes: Free Fitness Center: \$10/month for city-resident, \$12.50/month for non-residents


New Hanover County Resources

	Talk to...	What they offer.....	Other information...
	Boxing & Physical Fitness Center 910-341-7872 302 S. 10th Street, Wilmington, NC http://www.wilmingtonnc.gov/boxing/tabid/211/Default.aspx	<ul style="list-style-type: none"> • Variety of exercise classes and activities available: requires membership 	\$50 annual membership for city residents (\$85 non-city residents)
	Cape Fear Healthy Carolinians http://www.capefearhealthycarolinians.org/opi_tools.php	<ul style="list-style-type: none"> • Wilmington Walks: info about current Wilmington walking trails and how to coordinate a new one in your neighborhood 	Free
 	New Hanover County Cooperative Extension 910-798-7660 6206 Oleander Dr., Wilmington, NC 28403 http://newhanover.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12-week program 	Location and fees vary
 	New Hanover County Health Department Main: 910-798-6500 Diabetes info: 910-798-6773 2029 South 17th St., Wilmington, NC 28401 http://www.nhcgov.com/AgnAndDpt/HLTH	<ul style="list-style-type: none"> • Better Living with Diabetes: Diabetes Education and Support Group, meets 3rd Wednesday of each month from 10am-12pm • Information about walking paths 	Free










New Hanover County Resources

	Talk to...	What they offer.....	Other information...
	NHC Senior Resource Center Main: 910-798-6400 2222 South College Rd, Wilmington, NC 28403 http://www.nhcgov.com/AgnAndDpt/AGNG/Pages/Home.aspx	<ul style="list-style-type: none"> • Variety of exercise and dance classes available 	Call for cost of classes For ages 55+
	Wilmington Family YMCA 910-251-9622 2710 Market St., Wilmington, NC 28403 http://www.wilmingtonfamilyymca.org/	<ul style="list-style-type: none"> • Variety of classes available, some require membership 	Price varies: \$30-\$50 financial assistance available for those in need
	YWCA of Lower Cape Fear 910-799-6820 2815 South College Rd., Wilmington, NC 28412 http://www.ywca.org/site/pp.asp?c=drLSK0PFLuF&b=448085	<ul style="list-style-type: none"> • Variety of classes available, some require membership 	Call for cost, financial assistance available



Northampton County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region L* 252-234-5965 Upper Coastal Plain Council of Governments, 121 W. Nash St., Wilson, NC 27894 http://www.ucpcog.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary For ages 55+
  	Northampton County Cooperative Extension 252-534-2831 9495 NC 305 Hwy, Jackson, NC 27845 http://northampton.ces.ncsu.edu/	<ul style="list-style-type: none"> • Dining with Diabetes: 4-session series • Eat Smart, Move More: 4-part series on nutrition and physical activity for adults • Eat Smart, Move More, Weigh Less: 16-session series on weight management and physical activity • Supplemental Nutrition Assistance Program (SNAP) Education: 12-class series on nutrition and physical activity, for older adults 	Free
	Northampton County Health Department 252-534-5841 9495 NC 305 Hwy, Jackson, NC 27845 http://www.northamptonhd.com/	<ul style="list-style-type: none"> • Healthy Carolinians Cooking and Education Classes 	Classes: Free
	Rural Health Group* Jackson: 252-534-1661 9425 NC Hwy 305, Jackson, NC 27845 Rich Square: 252-539-2082 200 South Main St., Rich Square, NC 27869 http://www.rhgnc.org	<ul style="list-style-type: none"> • Self-Management Education for pre-diabetes, diabetes, hypertension, obesity, etc. • Monthly support groups: on various topics, offered in partnership with the Health Department in some counties 	Free Locations vary







Onslow County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region P* 252-638-3185 jhardin@eccog.org Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563 http://www.eccog.org/document.asp?document_name=aaa	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free for ages 60+, small fee for those under 60 Locations vary
  	Onslow CHIP (Community Health Improvement Process) 910-355-2447 241 New River Dr., Jacksonville, NC 28540 http://www.onslowchip.org	<ul style="list-style-type: none"> • Variety of events including health education 	Call for cost
 	Onslow County Cooperative Extension 910-455-5873 4024 Richlands Hwy, Jacksonville, NC 28540 http://onslow.ces.ncsu.edu/	<ul style="list-style-type: none"> • Programs on various health topics available 	Call for more information
  	Onslow County Health Department 910-347-2154 612 College St., Jacksonville, NC 28540 http://www.co.onslow.nc.us/health/default.aspx	<ul style="list-style-type: none"> • Diabetes Self-Management Classes: requires physician referral • Weight loss program: 6-session program, requires physician referral 	Diabetes Class: sliding scale fee Weight loss: \$10 per session






Onslow County Resources

	Talk to...	What they offer.....	Other information...
	Onslow County Parks and Recreation Department 910-347-5332 1244 Onslow Pines Rd., Jacksonville, NC 28540 http://onslowcountync.gov/parks	<ul style="list-style-type: none"> • Athletics leagues, walking program, instructional classes, senior games, special events 	Free or small fee
	Tobacco Awareness Project (TAP) 910-340-7045 http://www.onslowchip.org click on 'TAP'	<ul style="list-style-type: none"> • Smoking Cessation Classes: meets weekly for 6 weeks, must attend all 6 classes, based on Freedom From Smoking program 	Free



Orange County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region J* 919-638-2736 tsangster@tjcog.org Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
  	Orange County Cooperative Extension 919-245-2050 306-E Revere Rd., Hillsborough, NC 27278 http://orange.ces.ncsu.edu/	<ul style="list-style-type: none"> • Programs on physical activity, nutrition, and diabetes may be available 	Call for more information
	Orange County Council on Aging 919-542-8202 or 919-968-2070 Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27514 http://orange.ces.ncsu.edu/index.php?page=events&event_id=13326	<ul style="list-style-type: none"> • Chronic Disease Self-Management Program: 6-week program, appropriate for Diabetics 	Free
	University of North Carolina - Chapel Hill To make appointment: 919-966-0211 For more info: 919-843-1521 or 919-843-3013 UNC Family Medicine Center, 590 Manning Drive, Chapel Hill, NC www.ndp.unc.edu	<ul style="list-style-type: none"> • Nicotine Dependence Clinic: includes follow-up phone calls, office visits, and a weekly group meeting 	Copay for first visit (other visits free), reduced cost available to uninsured










Pamlico County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region P* 252-638-3185 jhardin@eccog.org Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563 http://www.eccog.org/document.asp?document_name=aaa	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free for ages 60+, small fee for those under 60 Locations vary
	Hope Clinic 252-745-5760 Pamlico County Health Department Building, 203 North St., Bayboro, NC 28515 http://www.hopeclinicnc.org/	<ul style="list-style-type: none"> • Diabetes Classes: 4-class series, covers diet, exercise, nutrition, etc. 	Free
 	Pamlico County Health Department 252-745-5111 203 North St., Bayboro, NC 28515 http://www.co.pamlico.nc.us/Departments_Health_Department.aspx	<ul style="list-style-type: none"> • Diabetes Management Education • Smoking Cessation • Blood Pressure Monitoring 	Free
	Pamlico County Parks and Recreation Department 252-745-4240 202 Main St., Bayboro, NC 28515 http://www.co.pamlico.nc.us/Departments_Parks_Recreation.aspx	<ul style="list-style-type: none"> • Adult athletics: coed softball, women's volleyball, basketball 	Call for more information






Pamlico County Resources

	Talk to...	What they offer.....	Other information...
 	Pamlico County Senior Services 252-745-7196 800 Main St, Alliance, NC 28509 Senior Services: http://www.co.pamlico.nc.us/Departments_Senior_Services.aspx TOPS: www.tops.org	<ul style="list-style-type: none"> • TOPS (Taking Off Pounds Sensibly): weekly weight loss support group; regular health lectures and periodic exercise; offered Tuesday evenings • Prescription Drug Assistance for those 60+ yrs of age • Senior Games: bowling, cycling, swimming, golf and more for those 55+ year • Health screenings and exercise classes offered 	National dues: \$26 per year Local dues: \$5 per month Call for more information



Pasquotank County Resources

	Talk to...	What they offer.....	Other information...
  	Albemarle Regional Health Services* (Albemarle District Health Department) Pasquotank County: 252-338-4404 711 Roanoke Ave., Elizabeth City, NC 27907 www.arhs-nc.org	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	Call for cost and availability Locations vary
 	Healthy Carolinians of the Albemarle* 252-338-4440 or 252-232-1914 711 Roanoke Ave., Elizabeth City, NC 27909 http://www.healthycarolinians.org/counties/camden_county.htm	<ul style="list-style-type: none"> • Know Your Numbers: training for Lay Health Advisors on cardiovascular health and stroke prevention • Albemarle We Can!: 8-week faith-based program for heart health and weight management education • GIS maps of neighborhoods 	Free
  	Pasquotank County Cooperative Extension 252-338-3954 1209 McPherson St., Elizabeth City, NC 27909 http://pasquotank.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Dining with Diabetes 	Eat Smart: \$4.50 for book Dining: \$10
	Pasquotank County Parks and Recreation Department 252-337-6600 983 Simpson Ditch Rd., Elizabeth City, NC 27909 http://www.co.pasquotank.nc.us/ParksRec.html	<ul style="list-style-type: none"> • Maps of walking distances in neighborhoods around the county 	Free




Pender County Resources

	Talk to...	What they offer.....	Other information...
	Pender Adult Services, Inc. 910-259-0422 903 South Walker St., Burgaw, NC 28425 http://yourfitnessfusion.com/	<ul style="list-style-type: none"> • Fitness Fusion: variety of exercise classes 	Monthly membership fee, call for current cost
 	Pender County Health Department & Healthy Carolinians of Pender Main: 910-259-1230 Healthy Carolinians of Pender: 910-259-1450 Health Education: 910-259-1416 803 S. Walker St., Burgaw, NC 28425 http://www.penderhealthdept.com/	<ul style="list-style-type: none"> • Healthy Carolinians of Pender: Activity for Health Program (nutritional and physical activity) 	Activity for Health: Free
 	Pender Memorial Hospital Main: 910-259-5451 Diabetes Programs: ext. 306 507 E Fremont St., Burgaw, NC 28425 http://www.pendermemorial.org/body_pender.cfm?id=3274	<ul style="list-style-type: none"> • Diabetes Support Group: meets monthly • Diabetes Self-Management education: requires physician referral • Medical Nutrition Therapy • Educational workshops on nutrition: offered quarterly in cooperation with Healthy Carolinians of Pender County 	Support Group: Free Self-Mgmt.: call for cost Nutrition Therapy: call for cost Ed. workshops: Free





Perquimans County Resources

	Talk to...	What they offer.....	Other information...
	Albemarle Regional Health Services* (Albemarle District Health Department) Perquimans County: 252-426-2100 103 ARPDC St., Hertford, NC 27944 www.arhs-nc.org	<ul style="list-style-type: none"> • Freedom from Smoking: tobacco cessation classes for adults • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes • Eat Smart Move More Weigh Less • Families Eating Smart & Moving More • Community health presentations on obesity, heart disease, diabetes, and cancer 	Call for cost and availability Locations vary
	Healthy Carolinians of the Albemarle* 252-338-4440 or 252-232-1914 711 Roanoke Ave., Elizabeth City, NC 27909 http://www.arhs-nc.org/services/health/promotion/hcota/announcements.html Walking trails: http://www.co.pasquotank.nc.us/departments/park/walkingtrails.cfm	<ul style="list-style-type: none"> • Know Your Numbers: 2 ½ hr training for Lay Health Advisors on cardiovascular health and stroke prevention • Albemarle We Can!: 8-week faith-based program for heart health and weight management education • Search Your Heart: American Heart Association 9-wk program about stroke, nutrition, and physical activity • Maps of neighborhood walking trails 	Free


Perquimans County Resources

	Talk to...	What they offer.....	Other information...
  	Perquimans County Cooperative Extension 252-426-5428 601-A S. Edenton Road St., Hertford, NC 27944 http://perquimans.ces.ncsu.edu/	<ul style="list-style-type: none"> • Partners in Wellness: nutrition program for older adults • Eat Smart, Move More • Women Living Healthy, Women Living Well: class and CD-rom to take home • Families Eating Smart and Moving More: 4 sessions • Dining with Diabetes: 3 sessions 	Dining with Diabetes: \$10-\$15 All others: Free






Person County Resources

	Talk to...	What they offer.....	Other information...
 	Person County Cooperative Extension 336-599-1195 304 S Morgan St., Room 123, Roxboro, NC 27573 http://person.ces.ncsu.edu/	<ul style="list-style-type: none"> • Give Your Heart a Healthy Beat: 14 weekly lunch and learn sessions, cost includes cholesterol and blood pressure screening at beginning and end, offered annually in the Winter/Spring, in partnership with the Health Department and Person Memorial Hospital • Families Eating Smart and Moving More: 4 sessions, presented in a group setting (church group, etc.) • Women Living Healthy, Women Living Well: presented in a group setting (church group, etc.) 	Give your Heart: \$40 Families: varies based on needs of group (usually \$5-20 per person) Women Living Healthy: Free Locations vary
 	Person County Health Department & Healthy Personians 336-597-2204 355-A South Madison Blvd., Roxboro, NC 27573 http://health.personcounty.net/pchd/	<ul style="list-style-type: none"> • Resources lists: <ul style="list-style-type: none"> • Community Health Resource Guide • Places for free physical activity • Give Your Heart a Healthy Beat: 14 weekly lunch and learn sessions, cost includes cholesterol and blood pressure screening at beginning and end, offered annually in the Winter/Spring, in partnership with Cooperative Extension and Person Memorial Hospital 	Resource lists: Free Give your Heart: \$40
 	Person Memorial Hospital 336-599-2121 615 Ridge Rd., Roxboro, NC 27573 http://www.personhospital.com/	<ul style="list-style-type: none"> • Give Your Heart a Healthy Beat: 14 weekly lunch and learn sessions, cost includes cholesterol and blood pressure screening at beginning and end, offered annually in the Winter/Spring, in partnership with Cooperative Extension and Health Department 	Give your Heart: \$40





Person County Resources

	Talk to...	What they offer.....	Other information...
	Person County Recreation Arts and Parks Department 336-597-1755 425 Long Ave., Roxboro, NC 27573 Mayo Park: 336-597-7806 599 Neals Store Rd., Roxboro, NC 27574 http://recreation.personcounty.net/	<ul style="list-style-type: none"> • Facilities: lighted walking tracks, parks, fields • Classes/lessons: Pilates, aerobics, karate, tennis • Events: canoe/kayak days, hikes at Mayo Park, trails • Women's volleyball, co-ed kickball 	Fees and locations vary Financial assistance available








Pitt County Resources

	Talk to...	What they offer.....	Other information...
	Greenville Recreation and Parks Department Office: 252-329-4567 2000 Cedar Lane, Greenville, NC 27858 Aquatics and Fitness Center: 252-329-4041 921 Staton Rd., Greenville, NC 27858 http://www.greenvillenc.gov/departments/rec_parks_dept/	<ul style="list-style-type: none"> • Variety of athletic and recreational activities • Parks and recreational facilities: gyms, community centers, swimming pools, sports fields/courts, greenway, nature trails • Aquatics and Fitness Center: fitness classes and equipment, wellness programs, indoor pool, swim lessons, etc. 	Locations and fees vary Aquatics/Fitness Center: membership fee charged, but some programs open to the public
 	Pitt County Cooperative Extension 252-902-1700 403 Government Circle, Suite 2, Greenville, NC 27834 http://pitt.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less 	Cost varies
 	Pitt County Health Department Main: 252-902-2305 Health Education: 252-902-2426 Diabetes: 252-902-2388 201 Government Circle, Greenville, NC 27834 http://www.co.pitt.nc.us/depts/health/ http://www.pittcountync.gov/depts/health/	<ul style="list-style-type: none"> • Smoking cessation classes: available upon request • Diabetes CARE Project • Diabetes Self-Management Program 	Smoking cessation: call for cost and availability Diabetes: Free




Polk County Resources

	Talk to...	What they offer.....	Other information...
 	Polk County Cooperative Extension 828-894-8218 60 Gibson St., Columbus, NC 28722 http://polk.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less 	Free
	Polk County Recreation Department 828-894-8199 105 N Peak St., Columbus NC 28722 http://www.polknc.org/departments/recreation/index.php	<ul style="list-style-type: none"> • Facilities: gym, park, pool, recreation complex • Programs: walking program, yoga, adult softball, adult dodge ball 	Call for more information
	St. Luke's Hospital Main: 828-894-3311 Smoking Cessation: 828-894-2408 101 Hospital Dr., Columbus, NC 28722 http://www.saintlukeshospital.com/	<ul style="list-style-type: none"> • Freedom from Smoking: 8-week program as needed 	\$25










Randolph County Resources

	Talk to...	What they offer.....	Other information...
  	Randolph County Cooperative Extension 336-318-6000 112 West Walker Ave., Asheboro, NC 27203 http://randolph.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12-week program, in partnership with Health Department • Dining with Diabetes: 4-week program, includes a meal at each meeting 	Eat Smart: \$30 Dining: \$30
 	Randolph County Health Department Asheboro: 336-318-6200, 336-318-6196 Archdale/High Point/Trinity: 336-819-3200 Greensboro/Liberty: 336-218-4200 Ira McDowell Center, 2222B South Fayetteville St., Asheboro, NC 27205 http://www.co.randolph.nc.us/public_health/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12-week program, in partnership with Cooperative Extension • Get Fit Randolph: exercise incentive program, in partnership with Parks & Recreation 	Eat Smart: \$30 Get Fit: Free
	Randolph County Parks and Recreation Department 336-626-1240 123-B Davis Street, Asheboro, NC 27204 http://www.getfitrandolph.org	<ul style="list-style-type: none"> • Get Fit Randolph: exercise incentive program, in partnership with Health Department • Downtown walking trails: map available with lengths of trails 	Free
	Randolph Hospital Main: 336-625-5151 Cardiopulmonary Department: 336-629-8836 364 White Oak St., Asheboro, NC 27203 http://www.randolphhospital.org	<ul style="list-style-type: none"> • QuitSmart: smoking cessation program 	Free




Richmond County Resources

	Talk to...	What they offer.....	Other information...
	FirstHealth of the Carolinas* Community Health: 877-342-2255 Diabetes Education: 910-255-3694 Support Groups: 910-715-5266 http://www.firsthealth.org/Health%20Services/Community%20Health http://www.firsthealth.org/health_services/diabetes	<ul style="list-style-type: none"> • FirstQuit: six-month program for smoking cessation includes small-group meeting, individual counseling, medications, and weekly support groups • Healthy Living in the Mid-Carolinas: <ul style="list-style-type: none"> • Active Living Every Day: 14-20 weekly sessions • Healthy Eating Every Day: 14-20 weekly sessions 	FirstQuit: sliding scale fee (up to \$50) All others: Free Locations vary
	Richmond County Cooperative Extension 910-997-8255 123 Caroline St., Suite 100, Rockingham, NC 28379 http://richmond.ces.ncsu.edu/	<ul style="list-style-type: none"> • Health and Wellness classes 	Call for more information
	Richmond County Health Department 910-997-8300 127 Caroline St., Rockingham, NC 28379 http://publichealth.southernregionalahec.org/Richmond/	<ul style="list-style-type: none"> • Diabetes education available 	Call for more information







Robeson County Resources

	Talk to...	What they offer.....	Other information...
	Community Health Education Center (CHEC Center) of Biggs Park Mall 910-671-9393 2800 North Elm St., Lumberton, NC 28358	<ul style="list-style-type: none"> • Blood pressure & weight machine available Monday-Friday 7:30am-5:30pm • Mall Walking Program: Monday-Friday 6:30am-10:00am; 5 times around mall equals 1 mile 	Free
	Community Health Services/Diabetes Community Center 910-671-5830 4300 Fayetteville Rd., Lumberton, NC 28358	<ul style="list-style-type: none"> • Diabetes Self-Management Training Program (DSMT): 10-hr education ADA recognized program offers group classes on meal planning, exercise, and prescriptions. Individualized one-on-one sessions offered by certified diabetes educators 	Free Physician referral required
  	Robeson County Cooperative Extension 910-671-3276 O.P. Owens Agriculture Center, 455 Caton Rd., Lumberton, NC 28360 http://robeson.ces.ncsu.edu/	<ul style="list-style-type: none"> • Various programs on physical activity, nutrition, and diabetes available 	Call for more information
   	Robeson County Health Department 910-671-3200 460 Country Club Rd., Lumberton, NC 28360 http://publichealth.southernregionalahec.org/Robeson/index_files/Page673.htm	<ul style="list-style-type: none"> • Diabetes Self Management Education & Diabetes Today in faith based communities • Nutrition consultations • Physical activity, nutrition, and smoking cessation resources/programs available upon request • Wellness Programs & Events • 10,000 Steps Program 	Diabetes Ed.: sliding scale fee Nutrition consult.: sliding scale fee Resources/Programs: Free









Robeson County Resources

	Talk to...	What they offer.....	Other information...
	Robeson County Parks and Recreation Department 910-671-3090 2830 Kenny Biggs Rd., Lumberton, NC 28358 http://www.co.robeson.nc.us/parkrec.htm	<ul style="list-style-type: none"> • Senior Center • County parks 	Call for more information
 	Southeast Regional Medical Center Main: 910-671-5000 Diabetes: 910-671-5595 Happy Hearts: 910-671-5067 Nicotine Anonymous: 910-272-3030 300 W. 27th St., Lumberton, NC 28358 http://www.srmc.org	<ul style="list-style-type: none"> • Diabetes Community Center: monthly diabetes support group • Happy Hearts Cardiac Support Group: for people with heart disease, meets quarterly • Nicotine Anonymous: meets weekly 	Call for availability


Rockingham County Resources

	Talk to...	What they offer.....	Other information...
 	Annie Penn Hospital 336-951-4000 618 S. Main St., Reidsville, NC 27320 http://www.mosescone.com/body.cfm?id=1551	<ul style="list-style-type: none"> • Diabetes Group Classes • Stop Smoking Program: weekly class, must register 	Free for Rockingham county residents
  	Rockingham County Cooperative Extension 336-342-8230 525 NC Hwy 65, Ste 200, Reidsville, NC 27320 http://rockingham.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Dining with Diabetes 	Small fee
	Rockingham County Department of Public Health 336-342-8140 371 NC Hwy 65, Wentworth, NC 27375 http://www.co.rockingham.nc.us/Publichealth/	<ul style="list-style-type: none"> • Information about walking groups • Other programs may be available 	Call for more information






Rowan County Resources

	Talk to...	What they offer.....	Other information...
	Centralina Area Agency on Aging (Region F)* 704-372-2416 or 704-348-2712 Lmiller@centralina.org Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235 http://www.centralina.org/aaadefault.htm	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
  	Rowan County Cooperative Extension 704-216-8970 2727-A Old Concord Rd., Salisbury, NC 28146 http://rowan.ces.ncsu.edu/	<ul style="list-style-type: none"> • Families Eating Smart and Moving More: 4 sessions • Eat Smart, Move More, Weigh Less: 15-week series • Dining With Diabetes 	Families: Free Eat Smart: small fee Dining: Free
   	Rowan Regional Medical Center 704-210-5000 Diabetes Support Group: 704-210-5771 Cardiovascular Class: 704-210-5412 Respiratory Care: 704-202-5343 612 Mocksville Ave., Salisbury, NC 28144 http://www.rowan.org	<ul style="list-style-type: none"> • Diabetes Support Groups: meet the first Tuesday of each month at 2pm and 6pm • Cardiovascular Health Education Class: offered monthly, covers risk factors for heart disease and other health info • Smoking Cessation Classes: offered at different times throughout the year 	Free Smoking Cessation: call for cost and availability








Rowan County Resources

	Talk to...	What they offer.....	Other information...
	Rufty-Holmes Senior Center 704-216-7714 1120 S. Martin Luther King, Jr. Ave., Salisbury, NC 28144 http://www.ruftyholmes.org/	<ul style="list-style-type: none"> • Variety of exercise classes available • Walk with Ease: daily walking program; helpful for older adults who find it difficult to maintain a regular exercise schedule • Exercise center with fitness equipment available • Living Healthy Class • Arthritis Foundation Aquatic Program • Fit & Strong • Support groups and health education resources available 	Exercise classes: \$10-\$20 per month For ages 55+




Rutherford County Resources

	Talk to...	What they offer.....	Other information...
	Carolina Community Health Partnership* 704-484-5152 315 E. Grover St., Shelby, NC 28150 http://www.clevelandcounty.com/public/health/ca/pages/cmgmt_pt.html	<ul style="list-style-type: none"> • Diabetes case management 	Call for availability and cost Locations vary
 	Rutherford County Cooperative Extension 828-287-6011 193 Callahan-Koon Rd., Suite 164, Spindale, NC 28160 http://rutherford.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Cook Smart, Eat Smart 	Call for costs and availability
	Rutherford County Parks and Recreation 828-287-6035 141 West 3rd St., Rutherfordton, NC 28139 http://www.rutherfordcountync.gov/dept/recreation/Main.php	<ul style="list-style-type: none"> • County parks: tennis courts, basketball courts, open fields, baseball/softball fields, gym • Community centers 	Call for more information
 	Rutherford Hospital Main: 828-286-5000 288 S. Ridgecrest Ave., Rutherfordton, NC 28139 Diabetes Department: 828-286-5062 Cancer Resource Center: 828-245-4596 2270 US Hwy 74A, Forest City, NC 28043 http://www.rutherfordhosp.org/	<ul style="list-style-type: none"> • Freedom from Smoking classes available • Diabetes Support Group: meets once every three months • Living With Diabetes Program 	Freedom: Free Diabetes Support Group: Free Living with Diabetes: call for cost, financial assistance available










Sampson County Resources

	Talk to...	What they offer.....	Other information...
 	Pope Wellness Center at Mount Olive College* 919-635-3773 562 Henderson St., Mount Olive, NC 28365 To enroll contact local county health department: Sampson 910-592-1131	<ul style="list-style-type: none"> • Fitness By Design: personal fitness and recreation program, nutrition program with free food vouchers, available to low/middle income 	Free
 	Sampson County Cooperative Extension 910-592-7161 55 Agriculture Pl., Clinton, NC 28328 http://sampson.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less 	About \$15, call for exact cost
 	Sampson County Health Department 910-592-1131 360 County Complex Rd., Clinton, NC 28328 http://www.sampsonnc.com/healthdept.asp	<ul style="list-style-type: none"> • Diabetic clinic • Smoking cessation 	Call for more information
	Sampson County Parks and Recreation 910-299-0924 369 Rowan Rd., Clinton, NC 28328 http://www.sampsonnc.com/parksandrec.asp?sub=rec	<ul style="list-style-type: none"> • Adult sports leagues • Various recreational facilities available 	Call for more information







Scotland County Resources

	Talk to...	What they offer.....	Other information...
	Scotland County Cooperative Extension 910-277-2422 231 E Cronly St., Ste. 800, Laurinburg, NC 28352 http://scotland.ces.ncsu.edu/	<ul style="list-style-type: none"> • Adult Expanded Food and Nutrition Education Program: series of classes, participants learn about nutrition on a limited budget and increasing physical activity 	Free Must have children living at home to be eligible
	Scotland County Health Department & Scotland County Healthy Carolinians 910-277-2440 1405 West Blvd., Laurinburg, NC 28353 http://www.scotlandcountyhealth.org/cs_healthyprmo.htm	<ul style="list-style-type: none"> • Community Diabetes Support Group: meets on the third Tuesday of each month from 5:30-6:30pm at Scotland Memorial Hospital • Lunch and Learn Health and Weight loss Support Program: meets on the last Monday of each month at noon • Great Ex-STEP-tations Walking Promotion Program: includes 2 promotional programs per year, participants can purchase pedometers 	Free
	Scotland Memorial Hospital Main: 910-291-7000 Education Department: 910-291-7316 500 Lauchwood Dr., Laurinburg, NC 28352 http://www.scotlandhealth.org/index_flash.php	<ul style="list-style-type: none"> • Community Diabetes Support Group: meets on the third Tuesday of each month from 5:30-6:30pm, in partnership with the Health Department 	Free







Stanly County Resources

	Talk to...	What they offer.....	Other information...
 	Centralina Area Agency on Aging (Region F)* 704-372-2416 or 704-348-2712 Lmiller@centralina.org Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235 http://www.centralinaaging.org/Consumers/ebhp.htm	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties • Walk with Ease: helpful for older adults who find it difficult to maintain a regular exercise schedule 	Free Locations vary
 	Stanly County Cooperative Extension 704-983-3987 26032-E Newt Rd., Albemarle, NC 28001 http://stanly.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: offered in partnership with Health Department 	\$15
 	Stanly County Health Department 704-982-9171 1000 North First St., Ste. 3, Albemarle, NC 28001 http://health.co.stanly.nc.us/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: offered in partnership with Cooperative Extension 	\$15
  	Stanly Regional Medical Center 704-984-4000 301 Yadkin Street, Albemarle, NC 28002 http://www.stanly.org/wellness_center.cfm	<ul style="list-style-type: none"> • Healthy Directions Weight Management Program: 8-week program • Diabetes Self-Management Program: 8-week program, requires physician referral • Diabetes support group • Diabetes Prevention Program: 6-week program, for people with pre-diabetes • Medical Nutrition Therapy 	Healthy Dir.: \$123 Diabetes Self-Mgmt.: sliding scale Support group: Free Diabetes Prevention: \$150 Nutrition Therapy: sliding scale





Stokes County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region I* 336-761-2111 dburgess@nwpcog.org Northwest Piedmont Council of Governments, 400 W Fourth St., Suite 400, Winston-Salem, NC 27101 http://www.nwpcog.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free For adults 60+ (call to see if room for anyone under 60)
  	Stokes County Cooperative Extension 336-593-8179 700 N Main St., Danbury, NC 27016-0460 http://stokes.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 11-week session, offered in partnership with Health Department • Dining with Diabetes: 3-week session, includes food tastings 	Eat Smart: \$20 Dining: \$20
 	Stokes Family Health Center (Health Department) Danbury office: 336-593-2400 1009 Main St., Danbury, NC 27016 King office: 336-985-2727 102 Hartgrove Rd., King, NC 27021 http://www.co.stokes.nc.us/health/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 11-week session, offered in partnership with Cooperative Extension 	\$20





Surry County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region I* 336-608-3568 dburgess@nwpcog.org Northwest Piedmont Council of Governments, 400 W Fourth St., Suite 400, Winston-Salem, NC 27101 http://www.nwpcog.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free For adults 60+ (call to see if room for anyone under 60)
 	Reeves Community Center 336-786-8313 113 Renfro St., Mount Airy, NC 27030 http://www.reevescommunitycenter.com/schedandservice.html	<ul style="list-style-type: none"> • Losing for Life: 12-week exercise and nutrition program offered in partnership with Surry County Health & Nutrition Center; offered 4 times a year 	Free for members Adults: \$28 per month Seniors (55+): \$20 per month
  	Surry County Cooperative Extension 336-401-8025 210 N Main St., Dobson, NC 27017 http://surry.ces.ncsu.edu/	<ul style="list-style-type: none"> • You, Me, & Diabetes: Diabetes community classes, in partnership with Health Department • Healthy Families: covers nutrition, etc. • Families Eating Smart and Moving More: available upon request 	Free





Surry County Resources

	Talk to...	What they offer.....	Other information...
   	Surry County Health and Nutrition Center (Health Department) 336-401-8400 118 Hamby Rd., Dobson, NC 27017 http://www.surry.com/	<ul style="list-style-type: none"> • Walking programs • Smoking cessation classes • Diabetes Self-Management training: group and individual classes • You, Me, & Diabetes: Diabetes community classes, in partnership with Cooperative Extension • Medical Nutrition Therapy 	Walking: Free Smoking: call for cost Diabetes Self-Mgmt.: sliding scale fee Diabetes class: Free Nutrition therapy: sliding scale fee










Swain County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
	Swain County Cooperative Extension 828-488-3848 60 Almond School Rd., Bryson City, NC 28713 http://swain.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-week series, in partnership with Health Department • Programs on exercise and nutrition 	Eat Smart: \$25 Programs: Free or small fee
	Swain County Hospital Main: 828-586-4710 Diabetes Education: 828-586-7734 132 East Sylva Circle, Sylva, NC 28779	<ul style="list-style-type: none"> • Diabetes Education Classes: 3 hr diabetes education classes offered monthly 	Call for cost
	Swain County Recreation Department 828-488-6159 30 Rec Park Dr., Bryson City, NC 28713 http://www.swaincountync.gov/recreation.html	<ul style="list-style-type: none"> • Recreation facilities: basketball, soccer, football, tennis, free weights, swimming pool, skateboarding, baseball • Senior games program 	Call for more information Locations vary




Transylvania County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region B* 828-251-7438 Rebecca@landofsky.org Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806 http://www.landofsky.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
	New Leaf Program 828-885-7233 http://newleafprogram.org/	<ul style="list-style-type: none"> • Workshops: topics include health and nutrition, gardening, quit smoking, etc. • Gardening class in partnership with Western Carolina Community Action 	Free
	Transylvania County Parks and Recreation Department 828-884-3156 1078 Ecusta Rd., Brevard, NC 28712 http://rec.transylvaniacounty.org/	<ul style="list-style-type: none"> • Transylvania Activity Center: gym, athletics courts, sports fields, horseshoe courts, shuffleboard courts, multi-purpose fields • Parks: sports fields/courts, walking/nature trails, swimming pool, river access 	Call for cost and location info
	Western Carolina Community Action* Henderson county: 828-693-1711 or 866-670-WCCA (9222) 220 King Creek Blvd., Hendersonville, NC 28793 Transylvania county: 828-884-3219 Community Services Building, 203 E Morgan St., Brevard, NC 28712 http://www.wcca.net/	<ul style="list-style-type: none"> • Gardens Program: seeds, plants, and fertilizer available from WCCA for low-income families and individuals 	Free







Tyrrell County Resources

	Talk to...	What they offer.....	Other information...
   	Martin-Tyrrell-Washington District Health Department* Martin: 252-793-1619 210 West Liberty St., Williamston, NC 27892 Tyrrell: 252-793-1750 408 Bridge St., Columbia, NC 27925 Washington: 252-793-3023 198 NC Hwy. 45 N, Plymouth, NC 27962 http://mtwdistricthealth.org/	<ul style="list-style-type: none"> • Freedom From Smoking: meets weekly for 8 weeks, available if enough people are interested • Programs may be available for physical activity, nutrition, or diabetes 	Call for more information Locations vary
 	Tyrrell County Cooperative Extension 252-796-1581 407 Martha St., Columbia, NC 27925 http://tyrrell.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 20-week series • Give Your Heart a Healthy Beat: 12-week series • Health and wellness programs at Tyrrell Senior Citizens Center: offered monthly 	Eat Smart: \$30 Heart: Free Health & Wellness: call for cost
  	Tyrrell Senior Center 252-796-0365 406 Bridge St., Columbia, NC 27925	<ul style="list-style-type: none"> • Health and wellness programs (nutrition, diabetes, etc.) offered monthly • Exercise equipment available 	For ages 55+ Free






Union County Resources

	Talk to...	What they offer.....	Other information...
 	Carolinas Medical Center – Union Main: 704-283-3100 Diabetes Center: 704-225-2880 600 Hospital Dr., Monroe, NC 28112 Programs: http://www.cmc-union.org/body.cfm?id=6 Diabetes: http://www.cmc-union.org/body.cfm?id=122	<ul style="list-style-type: none"> • Active Women: 24-hr access by phone to a registered nurse to answer health-related questions; health screenings; e-Health newsletters; online seminars and podcasts about health issues • Look Good, Feel Better: bi-monthly support group for women undergoing chemotherapy or radiation • Grocery Store Tours (Diabetes Education): learn about heart healthy food choices, carbohydrate counting, quick and easy meal ideas, and how to make good food choices on a budget • Diabetes Wellness Group: monthly support group for adults with diabetes • Diabetes Self-Management Education: one-on-one and group diabetes education to help patients better understand diabetes and its effects on the body, requires physician referral 	Active Women: Free Look Good: Free Grocery Store Tours: Free Diabetes Wellness: Free Diabetes Self-Management: Call for cost and availability
	Centralina Area Agency on Aging (Region F)* 704-372-2416 or 704-348-2712 Lmiller@centralina.org Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235 http://www.centralinaaging.org/Consumers/ebhp.htm	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary


Union County Resources

	Talk to...	What they offer.....	Other information...
 	Union County Cooperative Extension 704-283-3732 3230-D Presson Rd., Monroe, NC 28112 http://union.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12-week weight management program, offered about twice per year 	\$25 Locations vary
   	Union County Health Department Main: 704-296-4800 Health Education: 704-296-4806 or 704-296-4838 1224 W. Roosevelt Blvd., Monroe, NC 28110 http://www.co.union.nc.us/HumanServices/HealthDepartment/tabid/298/Default.aspx	<ul style="list-style-type: none"> • Variety of education available on nutrition, physical activity, and tobacco • WIC diabetes program available 	Call for more information





Vance County Resources

	Talk to...	What they offer.....	Other information...
  	Granville Vance Health Department* Granville: 919-693-2141 101 Hunt Dr., Oxford, NC 27565 Vance: 252-492-7915 125 Charles Rollins Rd., Henderson, NC 27536 http://www.gvdhd.org	<ul style="list-style-type: none"> • Nutrition counseling • Pedometers • Diabetes Education Classes: offered about twice per year in each county (location alternates between Vance and Granville counties) • Eat Smart Move More Weigh Less Challenge: 10 wk web based weight loss challenge 	Nutrition: Free Pedometers: \$15 Diabetes Ed: Free Eat Smart: Free
	Henderson Family YMCA Phone: 252-438-2144 380 Ruin Creek Rd., Henderson, NC 27536 http://www.ymca.net/maps/profile.aspx?assn=4561&address=27536	<ul style="list-style-type: none"> • Walking Trails 	Free
	Henderson-Vance Parks and Recreation Department Aycock Recreation Center: 252-492-9400 307 Carey Chapel Rd., Henderson, NC 27537 http://www.ci.henderson.nc.us/parks_recreation/Default.asp	<ul style="list-style-type: none"> • Aycock Recreation Center: indoor pool, fitness room, indoor track, gymnasium, walking program, kickboxing class, senior dance (includes a live band and refreshments, offered quarterly) • Parks: sports fields/courts, nature trails 	Aycock: small fee to use the center Free Walking Trail Kickboxing: \$2.50 per class Senior Dance: \$3/person, \$5/couple




Vance County Resources

	Talk to...	What they offer.....	Other information...
	Maria Parham Medical Center Main: 252-438-4143 Education: 252-436-1129 566 Ruin Creek Road, Henderson, NC 27536 http://www.mphosp.org/departments/20	<ul style="list-style-type: none"> • Diabetes Education Program 	Call for cost information









Wake County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region J* 919-638-2736 tsangster@tjcog.org Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary
	Riley Hill Family Life Center 919-365-6780 5901 Riley Hill Rd., Wendell, NC 27591 http://www.rhflc.org	<ul style="list-style-type: none"> • Project SELF 2 For U: includes exercise classes, support groups, educational workshops, cooking classes, etc. • Exercise program for women, offered twice weekly 	SELF 2 4 U: call for more info Exercise program: Free
	Wake County Health and Human Services 919-856-6540 219 S. East St., Raleigh, NC http://www.wakegov.com/humanservices/health/adults/diabetes.htm	<ul style="list-style-type: none"> • Project DIRECT (Diabetes Intervention Reaching & Educating Communities Together): Diabetes management classes, nutrition education, walking programs, health assessments for African-American faith communities 	Free
	Wake County Parks, Recreation, and Open Space 919-856-6679 Office: 2112 County Park Dr., New Hill, NC 27562 http://www.wakegov.com/parks/default.htm	<ul style="list-style-type: none"> • Variety of activities available in several parks and open spaces: hiking/walking trails, canoeing, sand volleyball court, play fields, disc golf course 	Free or small fee






Wake County Resources

	Talk to...	What they offer.....	Other information...
  	YWCA of the Greater Triangle 919-834-7386 554 E. Hargett Street, Raleigh, NC 27601 http://www.ywcatriangle.org/wellness.php	<ul style="list-style-type: none"> • Variety of fitness classes available • HeartPlus: heart health education and screening • Silver Aged Yoga: for ages 55+, must register • Strong Living: 12-week program for ages 40+, must register, must have doctor's clearance • Walking Clubs • Freedom From Smoking: 8-week program 	HeartPlus: Free Silver: Free Strong: Free Walking Clubs: \$10/month for members, \$20/month for non-members Freedom: \$60









Warren County Resources

	Talk to...	What they offer.....	Other information...
	Rural Health Group* 252-456-2009 110 Division St., Norlina, NC 27563 http://www.rhgnc.org	<ul style="list-style-type: none"> • Self-Management Education for pre-diabetes, diabetes, hypertension, obesity, etc. • Monthly support groups: on various topics, offered in partnership with the Health Department in some counties 	Free Locations vary
  	Warren County Cooperative Extension 252-257-3640 158 Rafters Lane, Warrenton, NC 27589 http://warren.ces.ncsu.edu/	<ul style="list-style-type: none"> • Programs on healthy lifestyles, nutrition, physical activity, and diabetes may be available 	Call for cost
  	Warren County Health Department 252-257-1185 544 West Ridgeway St., Warrenton, NC 27589 http://www.warrencountync.com/HealthDepartment.aspx	<ul style="list-style-type: none"> • Diabetes support group • Fresh Start tobacco cessation • List of walking trails available 	Free
	Warren County Parks and Recreation Department 252-257-2272 115 Wilcox St., Warrenton, NC 27589 http://www.warrencountync.com/Recreation.aspx	<ul style="list-style-type: none"> • Recreational parks (outdoor basketball courts, tennis courts, swimming pool), gym, indoor walking trail • Adult sports leagues: softball, basketball 	Costs and locations vary

Washington County Resources

	Talk to...	What they offer.....	Other information...
   	Martin-Tyrrell-Washington District Health Department* Martin: 252-793-1619 210 West Liberty St., Williamston, NC 27892 Tyrrell: 252-793-1750 408 Bridge St., Columbia, NC 27925 Washington: 252-793-3023 198 NC Hwy. 45 N, Plymouth, NC 27962 http://mtwdistricthealth.org/	<ul style="list-style-type: none"> • Freedom From Smoking: meets weekly for 8 weeks, available if enough people are interested • Programs may be available for physical activity, nutrition, or diabetes 	Call for more information Locations vary
	Washington County Parks & Recreation Office: 252-975-9367 310 W Main St., Washington, NC 27889 Moore Aquatics & Fitness Center: 252-948-9420 101 Airport Road, Washington, NC 27889 http://www.ci.washington.nc.us/recreation.aspx	<ul style="list-style-type: none"> • Moore Aquatics & Fitness Center: daily open swim, fitness room, activity programs <ul style="list-style-type: none"> • Use of entire facility for members • Open swim for non-members • Adult sports programs available periodically • Parks: sports fields/courts, open activity fields 	Open swim: small fee for non-members Locations and fees vary







Watauga County Resources

	Talk to...	What they offer.....	Other information...
  	App Health* District Office: 828-264-4995 126 Poplar Grove Connector, Boone, NC 28607 http://www.apphealth.com/	<ul style="list-style-type: none"> • Information on outdoor physical activity opportunities, chronic disease, and nutrition • Community directory for the Appalachian region 	Free
	Northwest Tobacco Prevention Coalition* 828-264-4995 126 Poplar Grove Connector, Boone, NC 28607 http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php	<ul style="list-style-type: none"> • Information on tobacco cessation 	Free
	Watauga County Cooperative Extension 828-264-3061 971 W King St., Boone, NC 28607 http://watauga.ces.ncsu.edu/content/HealthInformationandLinks&source=cherokee	<ul style="list-style-type: none"> • Taking Charge of Your Diabetes: 4-day workshop, includes lunch each day • Give Your Heart a Healthy Beat: diet and exercise program 	Taking Charge: \$35, scholarships available Healthy Beat: Free
  	Watauga County Health Department (part of Appalachian District Health Department) 828-264-6635 <u>Contact:</u> Jennifer Bryan- Greene 126 Poplar Grove Connector, Boone, NC 28607 http://www.apphealth.com/Watauga/Health_Promotion/Index.php	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 10-15 sessions • Variety of nutrition and physical activity programs and resources available 	Eat Smart: Free








Watauga County Resources

	Talk to...	What they offer.....	Other information...
	Watauga County Parks and Recreation Main Office: 828-264-9511 Swim Complex: 828-264-0270 231 Complex Dr., Boone, NC 28607 http://www.wataugacounty.org/parks/index.html	<ul style="list-style-type: none"> • Facilities: gym, multi-purpose athletic fields, parks, tennis courts, basketball courts, indoor pool, outdoor pool • Adult sports leagues 	Locations vary




Wayne County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region P* 252-638-3185 jhardin@eccog.org Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563 http://www.eccog.org/document.asp?document_name=aaa	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free for ages 60+, small fee for those under 60 Locations vary
 	Pope Wellness Center at Mount Olive College* 919-635-3773 562 Henderson St., Mount Olive, NC 28365 To enroll contact local county health department: Wayne 919-731-1000, Mount Olive residents should contact the Mount Olive Family Medical Center 919-658-4954 http://www.moc.edu/?outreach/Pope%20Wellness%20Center	<ul style="list-style-type: none"> • Fitness By Design: personal fitness and recreation program, nutrition program with free food vouchers, available to low/middle income 	Fitness By Design: Free Membership: \$35 per month
  	Wayne Action Teams for Community Health (WATCH) Call 919-222-4450 to make appointment and become a WATCH patient www.getwatch.org	<ul style="list-style-type: none"> • Quit Smart: individual and group sessions for smoking cessation available to WATCH patients • YMCA access: free YMCA access during certain times 4 days/week • Essentials of Diabetes Self Care: 2-hour condensed version of the WADEC "Essentials of Self Care" diabetes program 	Free Must be a Wayne county resident and be uninsured to qualify








Wayne County Resources

	Talk to...	What they offer.....	Other information...
 	Wayne Area Diabetes and Education Center (WADEC) 919-731-6508 http://www.waynehealth.org/body.cfm?id=29&action=detail&ref=6	<ul style="list-style-type: none"> • Weight Management and Cholesterol Control Class: group class led by the WADEC Dietitian, need physician referral 	\$17
 	Wayne County Cooperative Extension 919-731-1525 http://wayne.ces.ncsu.edu/	<ul style="list-style-type: none"> • Cooking with Heart and Soul: cooking sessions delivered to African-American congregations • Eat Smart, Move More, Weigh Less: 15 one-hour sessions • Supplemental Nutrition Assistance Program (SNAP-ED): 14-week program targeting nutrition, physical activity, food safety, and food budgeting • What's on Your Plate: 1-hour program • Women Living Healthy, Women Living Well: CD-ROM program focused on healthy eating, physical nutrition, and women's health issues 	Call for cost Locations vary
  	Wayne County Health Department Main: 919-731-1000 Health Promotion Coordinator: 919-731-1235 Minority Health Education: 919-731-1288 301 N. Herman St., Goldsboro, NC 27530 http://www.waynegov.com/165810410142431703/cwp/view.asp?A=3&Q=277343&C=54824	<ul style="list-style-type: none"> • Minority Health Education 	Call for more information



Wayne County Resources

	Talk to...	What they offer.....	Other information...
  	Wayne Memorial Hospital 919-736-1110 2700 Wayne Memorial Dr., Goldsboro, NC 27533 http://www.waynehealth.org/body.cfm?id=81	<ul style="list-style-type: none"> • Diabetes Support Group: support and education for people with diabetes and their families • Mended Hearts: support and education for people/families with heart disease • Overeaters Anonymous: 12-step program for people with eating problems • Weight & Exercise Support Group: for anyone wishing to exercise in a group to lose weight 	Free






Wilkes County Resources

	Talk to...	What they offer.....	Other information...
	Northwest Tobacco Prevention Coalition* 828-264-4995 126 Poplar Grove Connector, Boone, NC 28607 http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php	<ul style="list-style-type: none"> • Information on tobacco cessation 	Free
	Wilkes County Cooperative Extension 336-651-7331 201 Curtis Bridge Rd., Suite A, Wilkesboro, NC 28697 http://wilkes.ces.ncsu.edu/	<ul style="list-style-type: none"> • Diabetes Support Group: meets monthly at Wilkes Regional Medical Center, offered in partnership with the Health Department and Wilkes Regional Medical Center 	Support Group: Free
   	Wilkes County Health Department 336-651-7450 306 College St., Wilkesboro, NC 28697 http://www.wilkeshealth.com	<ul style="list-style-type: none"> • List of fitness resources and smoke-free dining • Diabetes education and diet instruction • Diabetes Support Group: meets monthly at Wilkes Regional Medical Center, offered in partnership with Wilkes Regional Medical Center and Cooperative Extension • Eat Smart, Move More, Weigh Less: 15-week program • Fresh Start: 2-week smoking cessation program 	Diabetes Ed.: sliding scale fee Support Group: Free Eat Smart: \$10 Fresh Start: Free
	Wilkes County Parks and Recreation 336-651-7355 1803 Industrial Dr., Wilkesboro, NC 28697 http://www.wilkescounty.net/	<ul style="list-style-type: none"> • Athletics: softball, flag football, basketball, soccer 	Call for more information Locations vary

Wilkes County Resources

	Talk to...	What they offer.....	Other information...
	Wilkes Regional Medical Center 336-651-8100 or 336-651-7449 1370 West D St., North Wilkesboro, NC 28659 http://www.wilkesregional.com	<ul style="list-style-type: none"> • Diabetes Support Group: meets monthly at Wilkes Regional Medical Center, offered in partnership with Health Department and Cooperative Extension 	Support Group: Free
	Wilkes Senior Center 336-667-5281 228 Fairplains School Rd., North Wilkesboro, NC 28659 http://www.wilkesseniorcenter.org/	<ul style="list-style-type: none"> • Recreation and wellness activities: walking track, horseshoe pits, table tennis, basketball, Silver Striders, indoor walking in gym, chair exercise, exercise room, line dancing and clogging • Guest speakers: monthly, topics include health issues 	Free For adults 60+








Wilson County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region L* 252-234-5965 Upper Coastal Plain Council of Governments, 121 W. Nash St., Wilson, NC 27894 http://www.ucpcog.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free Locations vary For ages 55+
	Wilson Community Health Center 252-243-9800 303 E. Green St., Wilson, NC 27893	<ul style="list-style-type: none"> • Smoking cessation classes available 	Call for cost
	Wilson County Cooperative Extension 252-237-0111 1806 SW Goldsboro St., Wilson, NC 27893 http://wilson.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less 	Nominal fee
	Wilson County Health Department 252-291-5470 Health Promotion: 252-237-3141 ext. 6642 1801 Glendale Dr., Wilson, NC 27893 http://www.wilson-co.com/index.aspx?nid=85	<ul style="list-style-type: none"> • Nutritional Counseling: diabetes, high cholesterol, weight management, etc. • List of restaurants with Winner's Circle options 	Call for more information
	Wilson Parks and Recreation 252-399-2261 http://www.wilsonnc.org/departments/ParksAndRecreation/	<ul style="list-style-type: none"> • Fitness classes, sports leagues, community centers, fitness center, sports fields, walking program, water aerobics, etc. 	Fees and locations vary

Yadkin County Resources

	Talk to...	What they offer.....	Other information...
	Area Agency on Aging, Region I* 336-761-2111 dburgess@nwpcog.org Northwest Piedmont Council of Governments, 400 W Fourth St., Suite 400, Winston-Salem, NC 27101 http://www.nwpcog.org/	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	Free For adults 60+ (call to see if room for anyone under 60)
  	Healthy Yadkin 336-849-7689 403 East Main St., Yadkinville, NC 27055 http://www.yadkincountync.gov/content/view/72/221/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-week weight management class • Freedom From Smoking: 7-week smoking cessation program 	Eat Smart: call for cost Freedom: Free for Yadkin County residents
  	Yadkin County Cooperative Extension 336-679-2061 209 E Elm St., Yadkinville, NC 27055 http://yadkin.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Dining with Diabetes 	Call for cost
	Yadkin County Parks and Recreation Department 336-679-4228 6600 Service Rd., Yadkinville, NC 27055 http://www.yadkincountync.gov/content/view/18/326/	<ul style="list-style-type: none"> • Facilities: tennis courts, walking trail, disc-golf course, athletic fields, nature/biking trail, volleyball courts, outdoor pool • Activities: adult softball 	Pool: \$2.50 Locations vary

Yancey County Resources

	Talk to...	What they offer.....	Other information...
  	Blue Ridge Regional Hospital* 828-765-4201 or 877-777-8230 125 Hospital Dr., Spruce Pine, NC 28777 Fitness Center: 828-678-3488 155 Love Fox Rd., Burnsville, NC 28714	<ul style="list-style-type: none"> • Nutrition consultations: for diabetes or weight management • Fitness Center: fitness equipment and classes 	Nutrition: call for cost Fitness Center: \$10 daily walk-in fee, \$7 classes, \$20 walking club
	Yancey County Cooperative Extension 828-682-6186 10 Orchard Dr., Burnsville, NC 28714 http://yancey.ces.ncsu.edu/	<ul style="list-style-type: none"> • Nutrition programs at Yancey County Senior Center 	Call for more information
	Yancey County Parks and Recreation 828-284-5129 315 Mitchell Branch Rd., Burnsville, NC 28714 http://www.yanceycountync.gov/index.php?option=com_content&view=category&layout=blog&id=15&Itemid=23	<ul style="list-style-type: none"> • Recreation area, hiking trails, swimming/tubing area 	Call for more information
 	Yancey County Senior Center 828-682-6011 10 Swiss Ave., Room 201, Burnsville, NC 28714 http://www.main.nc.us/yancey/YCSC/index.htm	<ul style="list-style-type: none"> • Fitness/health promotion: exercise program, can use local fitness center at no charge • Presentations by Cooperative Extension: nutrition, diabetes, and other health topics 	Free For ages 60+